Hafa Adai!

Marianas prepares to crown a new queen this Saturday. PAGE 3

'Dimmer dial' change eyed for quarantine process. PAGE 4

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Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

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Tinian divert project delayed to '22

2,000 applicants so far for PUA 2.0

MARK RABAGO

File photo shows Pandemic Unemployment Assistance/Federal Pandemic Unemployment Compensation coordinator Annamae Adaza assisting an applicant at the CNMI Department of Labor office window on Capital Hill.

By JUSTINE NAUTA
justine_nauta@saipantribune.com
REPORTER

As of last Thursday, March 4, the CNMI Department of Labor has already received 2,000 applications for Pandemic Unemployment Assistance/Federal Pandemic Unemployment Compensation, according to DOL Employment Services director Eugene Tebuteb.

The deadline to submit PUA/FPUC applications will be on March 13, and DOL offices will be closed

See PUA on Page 4

FERDIE DE LA TORRE
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REPORTER

» King-Hinds says delay not surprising, but it's unfortunate as many economic opportunities will be impacted

King-Hinds

The initial bids for the U.S. Air Force's Divert Facility construction project on Tinian exceeded the U.S. government's estimate and procurement level, *Saipan Tribune* learned from a source over the weekend. That, according to Commonwealth Ports Authority board chair Kimberlyn King-Hinds, means the construction project will not likely begin until 2022.

King-Hinds confirmed the source's information yesterday, saying the resulting delay is not surprising, given that they warned the U.S. Department of Defense early on in their

See TINIAN on Page 4

4 quakes in Northern Islands

The Northern Islands of the Commonwealth was rocked by a series of four earthquakes yesterday, soon after a magnitude 8.1 earthquake struck the Kermadec Islands in New Zealand last Friday afternoon, triggering concerns of a potential tsunami in the Pacific, including Guam, but not the CNMI.

The latest was a 4.9-magnitude earthquake that occurred at 20.900°N 144.534°E in the Maug region at 5:52pm yesterday, March 7, 2021. Before that, a 5.0 magnitude earthquake occurred at 21.046°N 144.544°E at 11:03am. Earlier in the day, at 9:37am, a 5.0 magnitude earthquake

See QUAKES on Page 4

IPI, USDOL given Friday deadline

By JUSTINE NAUTA
justine_nauta@saipantribune.com
REPORTER

The U.S District Court for NMI ordered Friday the appointment of Joyce Tang as possible receiver of Imperial Pacific International (CNMI) LLC in a potential settlement to pay off the balance that IPI owes the U.S. Department of Labor in a consent judgment.

In a status conference at the district court in Gualo Rai last March 5, U.S District Court for NMI Chief Judge Ramona Manglona granted the U.S. Department of Labor's request to allow IPI to pursue arrangements for possible settlement to pay off the balance of the consent judgment by this Friday, March 12, no later

See IPI on Page 4

AT A GLANCE

As of 8pm, March 7, 2021

GUAM	OLD	NEW	TOTAL
Positive	7,747	2	7,749
Recovered	7,590	0	7,590
Active	24	2	26
Deaths	131	2	133
Cumulative Number of Persons Tested			129,149

SAIPAN	OLD	NEW	TOTAL
Positive	144	1	145
Traced via Travel Screening	118	1	119
Traced via Community Screening	26	0	26
Deaths	2	0	2
Cumulative Number of Persons Tested			26,131*
Days since last community transmission			200

VACCINATIONS IN THE CNMI

Saipan:	Tinian:	Rota:
Dose 1: 10,316	Dose 1: 523	Dose 1: 745
Dose 2: 7,942	Dose 2: 137	Dose 2: 258

*Total count includes the number of persons tested on Saipan, Tinian, and Rota. With guidance from the Centers for Disease Control and Prevention, CHCC has opted not to report active and recovered cases.

Source: Joint Information Center - Guam, Commonwealth Healthcare Corp.

COMMUNITY VULNERABILITY

LEGEND:

- **Red:** Least safe
- **Orange**
- **Yellow**
- **Blue**
- **Green:** Safest

Source: Office of the Governor

INSIDE

SUPPLEMENT
Today's issue comes with a supplement that celebrates Women of Excellence in the CNMI.
PAGE 9

BUSINESS
Korea House Restaurant prides itself with the freshest food and serving them in generous portions.
PAGE 25

LIFE & STYLE
The time has finally come for audiences to hear Meghan and Harry describe their backstory.
PAGE 28

SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

UNITED STATES
COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
COUNCIL on DEVELOPMENTAL DISABILITIES
Developmental Disabilities Basic State Grant Program
Bldg. No. 1312, Capitol Hill ● P.O. Box 502565, Saipan, MP 96950-2565
Tel.: (670) 664-7000 ● Fax: (670) 664-7030 ● Email: info@cnmicdd.org
Website: www.cnmicdd.org

COMMUNITY NEEDS ASSESSMENT NOTICE

CNMI Council on Developmental Disabilities 2022-2026 State Plan Goals & Objectives

The CNMI Council on Developmental Disabilities (CDD) will be on Tinian and Rota to conduct surveys to gather information from the community to develop the 2022 to 2026 CDD State Plan.

TINIAN

March 11, 2021 – JC Café Restaurant, San Jose Village
from 2:30pm – 4:00pm
March 12, 2021 – JC Café Restaurant, San Jose Village
2:30pm – 4:00pm
NMC Tinian Campus, Room D
5:00pm – 7:00pm

ROTA

March 25 – Tiana's Café-Valentino Hotel, Songsong Village
8:00am – 10:00am
Rota Mayor's Office, Tatachok
10:30am – 11:30am
Rota Office on Aging, Sinapalo I
1:00pm – 2:30pm

The information gathered will help the Council create a plan on the areas of importance that the CNMI community wants the Council to focus on for the next five years.

REASONABLE ACCOMMODATION: For reasonable accommodation, please call the office of the CNMI Council on Developmental Disabilities at least five (5) days prior to the event at 664-7000/3/5 or email to: cnmicouncilondd@gmail.com.

Local

US sues Saipan physician for alleged violation of controlled drugs statute

The United States has filed a civil complaint seeking to enjoin a Saipan physician from unlawfully dispensing opioids and other controlled substances. The press statement from the U.S. Department of Justice accused Dr. John L. Doyle of unlawfully issuing controlled substance prescriptions in violation of the Controlled Substances Act under Title 21 of the United States Code.

The complaint seeks civil penalties up to $67,627 for each of 73 alleged violations of the Controlled Substances Act, as well as an injunction against Doyle.

Lawyer Steve Pixley, who later issued a statement on the matter and is presumably representing Doyle, described the DOJ press release as "sensational," saying it was "calculated to embarrass, defame, intimidate and improperly sway public opinion against a good physician who refused to capitulate to the demands of the federal government. Instead, he elected to stand up to the federal government and he is prepared to successfully defend these claims in a court of law."

The statement from Pixley's office said that Doyle has "worked tirelessly over the years to provide excellent medical services to his patients and the people of the Northern Mariana Islands. He has worked closely with our local government to protect our citizens against the COVID-19 pandemic.

"The evidence will show that the prescriptions in question were issued pursuant to a bona fide physician-patient relationship in the usual course of practice with a good faith belief that the prescriptions and his treatment plan served a legitimate medical purpose," the statement adds.

The U.S. government's complaint, filed in U.S. District Court for the Northern Mariana Islands, alleges that Doyle issued multiple prescriptions for high quantities of a dangerous combination of drugs commonly known as the Holy Trinity—opioids, benzodiazepines, and muscle relaxants—as well as other controlled substances to the spouse of a colleague, frequently without examining the patient. He allegedly ignored obvious signs of addiction and physical and mental deterioration when issuing opioid prescriptions and other controlled substances to another patient. The complaint also alleges that Doyle's actions contributed to a high risk of overdose or death in these patients, a risk that he knew or should have known because he had been previously disciplined by the Kentucky Medical Board for similar violations that were related to the overdose death of a patient.

"It is a sad reality that some medical practitioners are fueling drug addiction in the United States. All too often, the diversion of drugs for illegitimate use results in tragic consequences," said U.S. Attorney Shawn N. Anderson. "The Department of Justice is fighting this epidemic in a

See US on Page 4

2021 Developmental Disabilities Awareness Month

Get Involved & Be Part of The Change

"Training & Technical Support for Families of Children who are Deaf or Hard of Hearing in the CNMI"

TINIAN: MARCH 13 2021
JC CAFE 8:00 AM - 2:30 PM

TIME	Presentation
08:00 AM - 08:30 AM	*Registration*
08:30 AM - 08:35 AM	*Welcoming Remarks* John Cabrera *Program Aide, NMPASI*
08:35 AM - 09:35 AM	*Promoting Health for Children and Youth with Developmental Disabilities* Rachael Haynes, DNP -PNP-PC *Commonwealth HealthCare Corporation, Children's Clinic*
09:35 AM - 09:45 AM	*Tinian/ Rota: Commonwealth Office of Transit Authority Updates* Saipan: Break
09:45 AM - 10:20 AM	*Basic American Sign Language for Beginners* Dr. Kiriko Takahashi *Center on Disability Studies University of Hawaii*
10:20 AM - 10:45 AM	*Individualized Family Service Plan 101* Robin Palacios, MA. Sp Ed. *Director, Early Intervention Program*
10:45 AM - 11:00 AM	*Individualized Education Plan 101* Donna M. Flores, M.S. *Director, Special Education Program*
11:00 AM - 12:00 PM	*Lunch Break*

SAIPAN: MARCH 20, 2021
HYATT REGENCY 8:00 AM - 2:30 PM

ROTA: MARCH 27, 2021
AS PARIS 8:00 AM - 2:30 PM

TIME	Presentation
12:00 PM - 12:20 PM	*Helpful Apps for Individuals who are Deaf & Hard of Hearing & Their Families* Carla D. Coldeen, M.Ed., ATP *Service Provider and Owner, Assistive Technology Professional & Consulting Services*
12:20 PM - 01:20 PM	*Parenting Strategies* Coach Tai D. Doram *Certified Cognitive Behavior Consultant* *Behavior Specialist, CNMI Public School System*
01:20 PM - 01:30 PM	*Energizer*
01:30 PM - 01:50 PM	*Testimonials from the Deaf/ Hard of Hearing Community*
01:50 PM - 02:00 PM	*Services for Deaf/ Hard of Hearing Community* Tiava To'omata/ Samuel Santos *Planner/ Pre-ETS Coordinator, Office of Vocational Rehabilitation*
02:00 PM - 02:10 PM	*Programs & Services* *Frances A. Torres* *Federal Program Coordinator, Workforce Investment Agency*
02:10 PM - 02:30 PM	*CIRCLES* *Congresswoman Leila Staffler*
	Closing Remarks

Seating is Limited! Registration forms are available at NMPASIF or
more information please contact John Cabrera at (670) 235-7273/4 or email jcabrera@nmpasi.org

"This program was supported by a grant from the U.S. Department of Health and Human Services awarded to the Commonwealth Healthcare Corporation (CHCC), and sub-granted by the CHCC. Points of view or opinions contained within this document are those of the author and do not necessarily represent the official position or policies of the U.S Department of Health and Human Services, or CHCC."

Stellar Marianas president Michelle Sablan, center, joins the 2021 Miss Marianas contestants, from left, Vincent Rabasto, Lilly Carillo, Toremy Diaz, Naomi Lizama, Ha'Ane Eugenio, Bernadette Horey, Richelle Ramon, and Savannah Delos Santos before the Personal Interview Competition Saturday afternoon at the Hyatt Regency Saipan. The 2021 Miss Marianas Pageant is scheduled for this Saturday, March 13, 2021, at 4pm at the Hyatt Regency Ballroom and will be streamed live on www.facebook.com/stellarmarianas.
ISLAND IMAGE & MOTION

Marianas prepares to crown a new queen this Saturday

In a few days, a new legend is about to begin with eight beautiful young women vying for the 2021 Miss Marianas crown and Stellar Marianas, the islands' pageant and talent group, is preparing for a larger-than-life show.

In a news briefing Saturday before the Personal Interview Competition, Stellar Marianas re-introduced the eight 2021 Miss Marianas contestants—Vincent Rabasto, Lilly Carillo, Toremy Diaz, Naomi Lizama, Ha'Ane Eugenio, Bernadette Horey, Richelle Ramon, and Savannah Delos Santos—and unveiled details for the pageant on Saturday, March 13, 2021, at the Hyatt Regency Saipan Ballroom with doors opening at 4pm.

"This has been a spectacular journey with the most amazing support we have ever seen, and we are proud to be able to help our islands shine in these most difficult times," said Stellar Marianas president Michelle Sablan. "We have a hardworking and dedicated team and sponsors that have made this all possible."

Title Sponsors Marianas Visitors Authority, Triple J Motors, and the TSL Foundation lead the bevy of sponsors, including main sponsors IT&E, *Marianas Variety*, Turn Key, Pacifica Insurance, Pena House Boutique, Northern Marianas College, EdVance, Island Image and Motion, Gold's Gym Saipan, TRESemme, Marianas Pacific Distributors, Coldwell Solar, BCM, Island Touch, Paopao, Latte Cafe, The Althlete's Foot, Kiki's Boutique, Salt & Barber, Scattr & So., Perfectly Posh, Lady Diann T. Foundation, and the Hyatt Regency Saipan.

The contestants have been busy the past several weeks attending many community events and activities, such as the Pika Festival on Tinian, 500 Trees Planting, Women's Month proclamation signing, visits to the Center of Living Independently, Christmas Tree Lighting, Time Management & Dress Etiquette Training, Dining Etiquette Training, NMI Museum Christmas Tree decorating, Speech Etiquette, Mental Wellness Training, Mindset Presentation, Nutrition Knowledge Workshop and Self Defense Course, among many others.

"We are so proud of how well each of these lovely young women have progressed since we started, it really is about watching the best versions of yourselves really shine through," said runway director Tiana Reyes.

Voting is still ongoing for the Marianas Gem "People's Choice" Award with IT&E by texting the contestant's first name to 8683, along with an online poll on *Marianas Variety*'s website, www.mvariety.com. Winner will include the total tally from both voting platforms.

Due to limited seating and COVID-19 restrictions, IT&E has joined forces with Island Image & Motion to live stream the pageant live starting at 4pm on www.facebook.com/stellarmarianas.

"We invite our community to watch and help cheer each of our contestants and be a part of this extraordinary experience that celebrates the beauty of our Marianas," said Sablan. For more information, follow Stellar Marianas on Facebook, and on Instagram @stellarmarianas and @missnorthernmarianas. ***(PR)***

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University of California San Diego

Schedule:

Monday, March 22:
OSHA Region IX Updates

March 23-25:
Virtual Instructor Led Training (VILT)
OSHA Courses

Course Topics Include (but are not limited to):

- Health Hazard Awareness
- Bloodborne Pathogens
- Pandemic Illness Preparedness
- Fall Hazard Awareness

For more information or to enroll, please visit:
http://pacificsafetyfest.com/

OSHA Training Institute Education Centers
OSHA Region 9
Arizona State University
California State University, Dominguez Hills
Chabot-Las Positas Community College District
University of California San Diego

Pacific Coast Safety Fest

OSHA Occupational Safety and Health Administration

The CNMI OSHA On-Site Consultation program, at the time of initial publication of this document, 02/2021, is funded by a cooperative agreement for $245,900 federal funds, which constitutes 100% of the program budget. 0% of $0 of the program budget, is financed through non-governmental sources.

‘Dimmer dial’ change eyed for quarantine process

By JUSTINE NAUTA
justine_nauta@saipantribune.com
REPORTER

With 200 days of zero community transmission, just 145 positive cases since then, and more than 20% of the adult population already vaccinated, the Commonwealth Healthcare Corp. is looking into changing its quarantine protocols, as per the criteria provided by the Centers for Disease Control and Prevention.

According to the CHCC chief executive officer, Esther Muña, CHCC and the Governor’s COVID-19 Task Force are making what she describes as a “dimmer dial” change to the current protocol, this time allowing self-quarantine for a total of five days. That option will be available to those who are fully vaccinated and who don’t live in a crowded household.

Muña emphasized that this option is not automatic and the incoming traveler must go through a process of review before actually being approved for self-quarantine protocol.

The individual will have to complete the mandatory declaration form if the CNMI resident has completed the vaccination series in the CNMI in the last three months and had recently traveled and is traveling back on island from another jurisdiction. For individuals who meet this criteria, self-quarantine could be an option, if approved.

Muña said that CHCC will be working with the Governor’s COVID-19 Task Force to finalize the procedures, which include ensuring that there will be a surveillance process so inbound travelers will be able to do self-quarantine. However, the same rules for testing—once on arrival and another after five days—will still apply for those on self-quarantine.

“We’re still finalizing the details, but this process is only giving the individual the option to sleep in their own bed and that’s all. Upon arrival, we’re looking at having separate transportation for those who [opted] to self-quarantine where they wait at a holding area to be tested and to have an assessment of their quarantine location. This process must be done before a decision on whether an individual will be able to do self-quarantine is given,” Muña said.

A longer version of this story is available at www. saipantribune.com

NMTI’s first board meeting today to move forward

The Northern Marianas Technical Institute board of trustees is scheduled to have its first board meeting today, March 8, 2021, at 10am at the NMTI campus in Lower Base.

The board hopes this meeting will give it the momentum in officially moving forward as a technical institute. As the trustees continue to work in completing the remaining items from the Transition Committee, board chair Mario Valentino made it very clear to the current “Trades Institute” employees and staff that they remain committed to them and the progression of NMTI for the community.

Valentino, along with trustees Catherine Attao and Rick Kautz, met with some of the NMTI staff and instructors on Friday to address the false information they received on Thursday that the NMTI campus will be closed down. The board of trustees clarified that NMTI is not closing down and that the goal for everyone involved is to move forward as a public technical institute.

Valentino provided an overview of the transition process for employees and staff on Friday.

“We are not here to point fingers.

A longer version of this story is available at www. saipantribune.com

IPI

From Page 1

than 1:30pm.

Manglona said that if IPI fails to pay the remaining balance by that time, she will impose the receivership on IPI. Additionally, Tang was granted to do the initial account of total arrears, which includes fees and costs.

Imperial Pacific International Holdings Ltd. chair Cui Lie Jie was not present during the status conference but was represented by IPIH counsel Juan Lizama.

During the status conference, Tang, who is based in Guam, was asked if she will personally come to the island to do site visits in relation to liquidating assets, but Tang said it would depend on what will be sold. “I wouldn’t necessarily send a lawyer to do an inspection. …I think…the appointed receiver would have to hire or retain, depending on what you’re selling. …I think we have to look at what those assets [are] and who would be in the best place to do that and I’m sure we can find people who are able to do that,” said Tang.

For example, Tang said, there isn’t a need for her to come to the island to see the worth of the two crystal dragons in the casino lobby. “I think that we’ve got to be very clear on what services we’re talking about here. … The [Civille & Tang PLLC law] firm does not provide any service but legal service. …We do not do appraisers, we don’t go in and do site inspections, we have people who do that,” said Tang.

When asked who owned the two-dragon structure at the casino and the amount that was paid for it, IPI’s counsel Michael Dotts and Lizama said they were not sure who it belongs to.

Manglona ordered IPI to submit any information on the two-dragon structure, the amount paid for it, and confirmation on the ownership. This is also due on March 12, no later than 1:30pm.

QUAKES

From Page 1

occurred at 21.130°N 144.511°E. At 5:15am, a report of a 5.7-magnitude earthquake occurred 20.888°N 144.315°E in the Maug region in the Northern Mariana Islands.

In all cases, the Pacific Tsunami Warning Center did not issue tsunami warnings or advisories.

In the magnitude 8.1 earthquake that struck roughly 600 miles northeast of New Zealand, the tsunami risk spanned from New Zealand and Australia to as far east as Central and South America.

The 8.1 tremor was the third major earthquake in less than eight hours on the Kermadec Fault, which passes east of New Zealand. A magnitude 7.3 hit near New Zealand early on Thursday, followed by a 7.4 about 560 miles to the north a few hours later.

The National Weather Service Pacific Tsunami Warning Center issued tsunami alerts for Australia and New Zealand, numerous islands in the South Pacific, and along the western coasts of South America and Central America, for projected tsunami waves of up to 1 to 3 feet. Ecuador, Costa Rica, Nicaragua, Mexico, Chile, Colombia, and Peru in Central and South America were under these alerts. The Pacific Tsunami Center projected the largest tsunami waves, of up to 10 feet (3 meters) or more in the Kermadec Islands, about 500 to 600 miles northeast of New Zealand, with waves of 3 to 10 feet (1 to 3 meters) in New Caledonia and Vanuatu.

There have been no reports of any damage or tsunamis since then.

In a post on its Facebook page, the CNMI Office of the Governor assured that there was no tsunami threat to the CNMI but residents were still advised of minor sea level fluctuations. “Please be cautious in our waters through this afternoon,” the advisory stated. For more information, contact the CNMI EOC State Warning Point at 237-8000. ***(Saipan Tribune/With Washington Post)***

PUA

From Page 1

on March 15, said Labor Secretary Vicky Benavente.

Benavente said that if applicants need assistance with their PUA applications, they will have to call in or email. This will be a more efficient way to meet with applicants so that PUA adjudicators can adjudicate as quickly as possible.

Speaking in a livestream video over radio station KKMP’s Facebook page, Tebuteb said that based on their reports, there are roughly 3,000 government employees who are affected by the pandemic. These include having reduced hours, on furloughed, or laid off.

“We also know that there’s a reduction-in-force that would affect 180 government employees. We’re looking at our numbers now comparing it to Round 1 of PUA and it is way less,” said Tebuteb. With the 2,000 applications, Tebuteb said that it is a large percentage less than the first round of PUA.

It was learned that those who do qualify for the second round of PUA/FPUC must apply or reapply online or on paper with DOL. Applications will not be approved until DOL receives all documents that will prove an individual’s eligibility.

Benavente said the CNMI DOL has been approved for $262 million in PUA/FPUC aid but has not received the funding yet but they do expect it within this week.

This comes as the U.S. Senate just passed the $1.9-trillion stimulus package that will extend the PUA/FPUC benefits through September 2021. The stimulus package goes back to the House of Representatives and if they agree with the Senate amendments, it goes to President Joe R. Biden’s desk for enactment.

In related news, the offices of Rep. Richard T. Lizama (D-Saipan) and Rep. Leila Staffler (D-Saipan) held a workshop last March 6 at the Kagman Community Center in Kagman from 9am to 2pm for community members who needed help filling out their PUA and/or Northern Marianas Housing Corp. applications.

Community members were instructed to bring all documents to help with their applications.

TINIAN

From Page 1

discussions about the challenges regarding limited housing on Tinian and the need to import labor, among many other issues that will impact the cost of construction because of the island’s location and certain labor policies.

“The delay is unfortunate because there are so many other economic opportunities that will be impacted as a result of this delay and it makes planning even more difficult for those who are looking at investing on Tinian,” she said.

The source disclosed that the work has been descoped by the U.S. Navy and rebid using the large multi-award contract—called an IDIQ contract—with four teams to compete for the award.

In the U.S. federal government contracting lingo, IDIQ refers to indefinite delivery/indefinite quantity.

The source, who requested anonymity, said construction is now targeted for 2022.

“This is bad news for Tinian, because it means the airport reconstruction for international flights is delayed just that long,” the source added.

In response to *Saipan Tribune*’s inquiry about the delay, King-Hinds hopes this will open the federal government’s eyes to the challenges that faces the CNMI because of the islands’ remote location and restrictions imposed by “one-size-fits-all” federal policies that work to only further strangle the economy.

“The U.S. should stop making policies that may work miracles in New York but has proven nothing more than an economic grim reaper for the Commonwealth,” she said yesterday.

Last December, King-Hinds disclosed that CPA put out a request for proposals to revitalize its Tinian Marina Dock using a portion of the $1.9 million that is allocated for the improvement of the island’s seaport.

She said the $1.9 million comes from the $21.9 million that CPA received from the DOD for the 40-year lease of certain airport and seaport properties on Tinian for the U.S. Air Force’s divert airfield.

She said the Divert Airfield lease proceeds were intended to make improvements so that Tinian develops the airport to realize the community’s dream of welcoming direct international flights.

She said the $20 million of the $21.9 million is reserved to build infrastructure at the Tinian airport that would allow the accommodation of international flights.

Specifically, King-Hinds said, CPA intends to build a fuel storage farm and infrastructure to accommodate both federal requirements by U.S. Customs and Border Protection and Transportation Security Administration for international travelers.

CPA received the lump-sum payment of $21.9 million in May 2019 after CPA, the CNMI government, and DOD signed the 40-year lease agreement. The deal will allow the Air Force to use Tinian as an alternative landing site for its planes—a divert airfield—in case Anderson Air Force Base in Guam is inaccessible due to war or calamities.

US

From Page 2

variety of ways. As this case demonstrates, we can and will pursue civil litigation to cut off the flow of illicit prescriptions at the source. We look forward to proving our claims in court and holding Dr. Doyle accountable for his conduct.”

“Doctors have a trusted responsibility to properly and legally care for their patients and when individuals take actions to harm them, they will be held accountable,” said DEA assistant special agent in charge Leslie Tomaich. “We have no tolerance for medical professionals that violate their oath and illegally distribute prescription drugs that exacerbate the opioid epidemic.”

The complaint alleges that Doyle wrote prescriptions for potent and dangerous opioids that he knew or should have known were not issued for a legitimate medical reason and outside the usual course of professional practice. While several settlements have been reached with other physicians in this region pre-complaint, this lawsuit represents the first-ever Controlled Substances Act civil suit against a physician in the history of the District of the Northern Mariana Islands.

The claims asserted against defendants in a civil suit are allegations only and are not determinations of liability.

The investigation is being conducted by the Drug Enforcement Administration, Honolulu Diversion Group and Saipan Post of Duty. The case is being prosecuted by Mikel Schwab and Jessica F. Wessling, assistant U.S. attorneys for the Districts of Guam and the Northern Mariana Islands. ***(PR)***

NMC associate professor addresses UC Berkeley group

Dr. Yunzi Zhang, an associate professor at the Northern Marianas College's School of Business, recently gave a presentation on constructing a tourism destination identity for the Northern Mariana Islands to the University of California, Berkeley's Tourism Studies Working Group via Zoom.

Zhang

Zhang's presentation—named "Who Am I and Who Should I Be? – The Issues of Constructing a Tourism Destination Identity of the Northern Mariana Islands"—was held last Feb. 26, focusing on how the tourism identity and attributes of the Northern Mariana Islands have been constructed differently in recent decades.

Zhang explained in her presentation how the CNMI's colonization by Spain, Germany, and Japan, and the current affiliation it has with the United States makes it a persisting challenge for the indigenous islanders to encapsulate a unified identity of the NMI for different inbound tourist groups from China, Japan and Korea.

"Due to their tangled history, the three tourist groups have distinct expectations and imaginations of what the NMI resembles and has to offer," Zhang said.

The Tourism Studies Working Group at UC Berkeley consists of more than 50 scholars throughout northern California. It includes faculty and graduate students from a wide variety of disciplines, among them anthropology, history, education, landscape architecture, sociology, political science, Spanish and Portuguese, ethnic studies, city planning, gender studies, and many others.

Zhang, who has been teaching a majority of the hospitality classes at NMC since 2017, holds a Ph.D. in hospitality and tourism management from Purdue University. She also holds a master's degree in hospitality management from Cornell University and Bachelor of Business Administration from George Washington University.

Interested individuals who would like to learn more about Zhang's presentation can reach out to her through email at yunzi.zhang@marianas.edu. For more information about the hospitality management programs at NMC, visit www.marianas.edu. ***(PR)***

Kilili: Insular Area Climate Change Act is critically important

Delegate Gregorio Kilili C. Sablan (Ind-MP) will continue working with the U.S. House of Representatives Committee on Natural Resources to advance the Insular Area Climate Change Act, a landmark legislation that he describes as "critically important."

In his e-kilili newsletter over the weekend, Sablan said climate change and energy programs in the insular areas were front and center at the committee's first legislative hearing last Thursday to consider a discussion draft of committee chair Raul M. Grijalva's (D-Arizona) Insular Area Climate Change Act.

He said insular areas are particularly vulnerable to climate change. "We face increasing air and sea temperatures and the stronger storms that result, rising sea levels, costal erosion, deteriorating coral reefs, and significant public health risks," Sablan said.

Making matters worse, Sablan said, is that insular areas are over-reliant on fossil fuels and have aging infrastructure systems.

To help address these issues, Sablan said, the committee's draft legislation funds renewable energy and sustainable infrastructure, sets up new climate research and coral reefs conservation grants, improves weather data collection and forecasting, and waives non-federal cost share requirements.

Sablan said the Climate Change Act would help insular areas become more resilient, reduce carbon emissions, and better prepare them to respond to the effects of a warming climate. ***(Ferdie de la Torre)***

Lower monthly payments at MCS in SY 2021-2022

Mount Carmel School will continue its lower monthly payments for the 2021-2022 school year. With this extension, families can continue to divide the usual 10-month payment plan over 12 months. The Early Bird Special provides a variety of discounts for families looking to secure their child's enrollment for the upcoming school year.

The annual early bird registration discount is as follows: For grades K4 - K5 registration is $50 per student (normally $100). For students in grades first through 12th, the registration fee is $100 per student (normally $400.)

Additionally, families with two children can avail of a $600-discount in tuition for the second child, families with three children can avail of a $1,000-discount in tuition for the third child, and families with four children can avail of a $1,500-discount in tuition for the fourth child.

The deadline for the Early Bird registration and fees is May 1, 2021.

The school's Leadership Team will be exploring ways to expand scholarship funding and financial aid. This may include earmarking a portion of all Education Tax Credit revenue toward the school's scholarship and financial aid program.

School president Dr. Galvin Deleon Guerrero said, "Living paycheck to paycheck is a reality some of our families are experiencing during this pandemic. …In an effort to help our community, we are excited to continue this program that we initiated immediately at the beginning of the pandemic last school year. One of our priorities is to ensure that our families feel supported during these trying times."

To learn more about enrolling at Mount Carmel School for the upcoming 2021-2022 school year, call 234-6184 or visit www.mountcarmelsaipan.com. ***(PR)***

Kagman schools to host PTSA

This is to inform all parents, guardians, and the community that the Kagman cluster of schools will be having a Parents Teachers Students Association meeting on Tuesday, March 16, 2021, at 5:30pm through Google Meets. All parents and guardians are encouraged to attend this meeting to find out more about academic growth and attendance (principal's reports), Blackboard updates, juvenile justice attendance law, food service update, and OVR program announcement, among other topics.

To attend the meeting, log in through the following link: http://bit.ly/MarchPTSA2021

Call the schools if you have any questions or concerns:

- KagES Main Office: 237-3150
- COVMS Main Office: 237-3165
- KHS Main Office: 664-3780 ***(PR)***

FOR SHORT OR LONG TERM LEASE

Five (5) lots or more containing an area of 1,016 square meters each within Subdivision Survey Plat of Lot 514 NEW-3-R1, located in Fina Sisu, Saipan.

Serious inquiries only. Email to galu4258@yahoo.com

Commonwealth Utilities Corporation
Office of the Executive Director

REQUEST FOR ARCHITECTURAL AND ENGINEERING SERVICES
CUC-RAES-21-010

A&E Design Services for the Agingan Wastewater Treatment Upgrade (S18-065a)

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from qualified Architectural and Engineering (A&E) firms for the Design Services of the Agingan Wastewater Treatment Plant Upgrade in Agingan, Saipan, Commonwealth of the Northern Mariana Islands.

This project is funded by a grant from the United States of Environmental Protection Agency (USEPA). The award of this project is contingent upon receipt of the approval for project award from USEPA.

Prospective Proposers for this project must pre-register with the CUC Procurement & Supply Division. The RAES package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $100.00 for one package set.

One (1) original and Five (5) hard copies of the Proposal and One (1) original and Five (5) hard copies of the Cost Proposal in a separate envelope must be submitted in a sealed envelope marked **"CUC-RAES-21-010, A&E Design Services for Agingan Wastewater Treatment Plant Upgrade"**, to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on March 11, 2021. Late submissions and conditional proposals will not be considered.**

Discussions may be conducted with responsible proposers who submit proposal determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. All proposers shall be accorded fair and equal treatment with respect to any opportunity for discussion. During discussions, there will be no disclosure of any information derived from the proposal submitted by competing proposers.

All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the proposers due to lack of information or understanding of the proposal requirements in the course of Consultant's preparation of a proposal under the contract. The RAES does not commit CUC to award a contract, to pay any cost incurred in the preparation of the statement of qualifications under this request, or to procure or contract for services. Consultants are required to comply with all CNMI and applicable Federal Laws. This RAES and the ensuing contract shall be executed as per the CUC Procurement Regulations.

All questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on February 22, 2021** to Mr. Manny B. Sablan, CUC Purchasing Administrator, via email – manny.sablan@cucgov.org with a copy to Mr. Larry Manacop, CUC Water/Wastewater, Acting Chief Engineer – via email larry.manacop@cucgov.org; Westen Knudsen, Water/Wastewater Engineer – via email westen.knudsen@cucgov.org and Ms. Christie L. Sablan, Administrative Technician Senior – via email christie.sablan@cucgov.org.

CUC reserves the right to reject any or all proposals and waive any imperfection in the proposal in the best interest of the government. All proposals shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

Commonwealth Utilities Corporation
Office of the Executive Director

INVITATION FOR BIDS
CUC-IFB-21-020

Installation of Sludge Dewatering Equipment

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the Installation of Sludge Dewatering Equipment in Saipan, Commonwealth of the Northern Mariana Islands.

The intent of the contract is for the Contractor to provide all labor, equipment, supplies and materials necessary to complete the scope of work which consists of; installation of sludge dewatering equipment including the screw press skid (OFCI) for full function. The work shall include; selective demolition of existing improvements, the installation of sludge dewatering units (OFCI), shaftless auger conveyor (OFCI), installation of pressure pumps, installation of water storage tanks, and rehabilitation and modification of existing improvements, along with other miscellaneous features, for one unit at Sadog Tasi Wastewater Treatment Plant (WWTP) and one unit at Agingan WWTP. The work shall be completed with minimal disruption to the daily operation of the Sadog Tasi WWTP and Agingan WWTP. CUC requires the Project to be completed in 180 calendar days from date of award of contract.

The project is funded by a grant from the United States of Environmental Protection Agency (USEPA). The award of this project is contingent upon receipt of approval for project award from USEPA.

Prospective Bidders must pre-register with the CUC Procurement & Supply Division. The Bid Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, oeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of **$100.00** (non-refundable) for one IFB package set.

A Pre-Bid Conference followed by site visits will be held on **March 9, 2021 at 10:00 AM** (ChST) at the CUC Main Conference Room, 3rd Floor, Room No.17, Joeten Dandan Commercial Building.

One (1) original and Five (5) copies of the bid must be submitted in a sealed envelope marked "CUC-IFB-21-020, Installation of Sludge Dewatering Equipment" to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than 10:00 AM (ChST) on March 29, 2021, at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before due date and time. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement this form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. Late submissions and conditional bids will not be considered.

A Bid Guarantee of not less than fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the Unites States Secretary of Treasury as an acceptable surety or other surety acceptable to the Attorney General. A *Payment Bond* of one Hundred (100%) percent and a Performance Bond of one hundred (100%) of the total bid price will be required upon the execution of the contract by the successful bidders. The payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety or other surety acceptable to the Attorney General. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). *Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.*

Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

This Invitation for Bids does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of bids in anticipation of a contract. Bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract.

Questions or requests for clarification will be entertained only from registered Proponents and must be submitted in writing no later than 10:00 a.m. (ChST) on March 16, 2021 to Manny B. Sablan, CUC Purchasing Administrator via email address manny.sablan@cucgov.org with a copy to Westen Knudsen, CUC Water/Wastewater Engineer via email address westen.knudsen@cucgov.org and to Marcela Tenorio, P&S, Senior Administrative Technician - marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all bids and waive any imperfection in the bid proposal in the best interest of the government. All bids shall become the property of CUC.

GARY CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

Opinion

Hafa Adai!
Saipan Tribune
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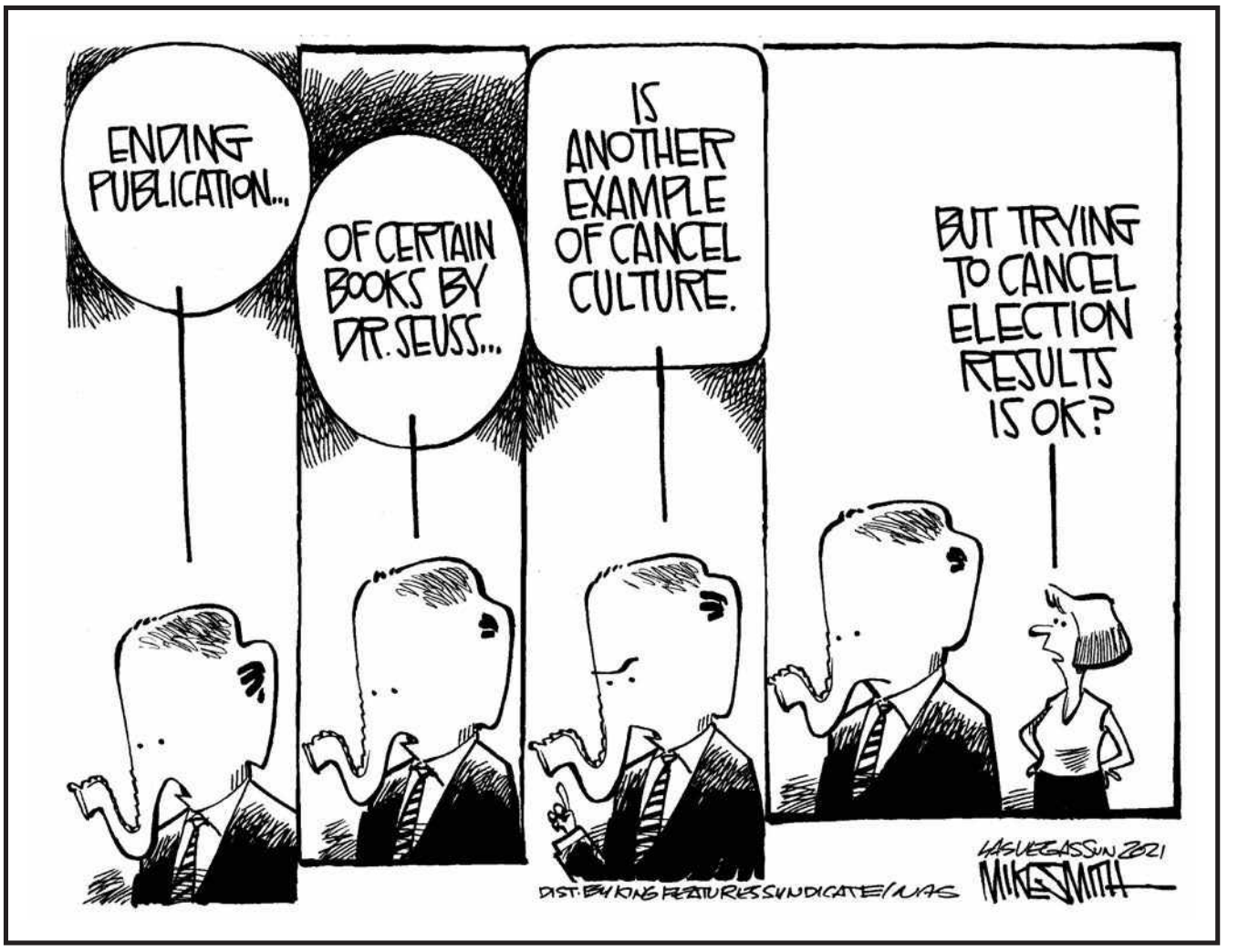
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OF CERTAIN BOOKS BY DR. SEUSS...
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EDITORIAL

Here's why Gov. Abbott's order on masks won't make Texas the 'Wild West' of COVID-19

By CYNTHIA M. ALLEN
Fort Worth Star-Telegram

Cynthia M. Allen is a columnist for the Fort Worth Star-Telegram. *Readers may send her email at cmallen@star-telegram.com.*

Late last month, after Tarrant County Judge Glen Whitley renewed the county mask order and told me he hoped he'd be in a position to lift it by July 4, I doubted that many Texans would wait that long.

But life comes at you fast.

Less than a week later, Gov. Greg Abbott announced the "reopening of Texas" by lifting state capacity limits on businesses and the masking requirement, effective March 10.

Whitley wasted no time in following suit, canceling the county mask mandate effective immediately.

Talk about a change of heart.

Whitley's move may have been in part because Abbott removed local authorities' ability to penalize mask or capacity-limit violators; however, Abbott's order allows local authorities' ability to impose some restrictions when the number of hospitalized COVID-19 patients exceeds 15% of total hospital capacity.

Of course, Texas is hardly the first state to lift its face covering requirement or "open up" during the pandemic, although it is the most populous to do so.

And the timing, just after the state's weather emergency delayed a significant number of vaccine shots, is not optimal.

But the fear that Abbott's move will somehow transform Texas into the Wild West overnight, with maskless people crowding into enclosed spaces and coughing all over one another, seems hyperbolic.

It's worth noting, first, that the governor's order strongly encourages people to continue distancing and wearing face coverings. It just no longer demands they do so under penalty of law.

Some people see that "request" as toothless, not worth the paper it's written on. For others, the difference between being told and being asked is a significant one, and it may not change much of their behavior at all.

Social media is certainly a self-selecting tool, but if it's any barometer for public sentiment, it seems that most people are still willing to mask and distance for the near term, even if just out of courtesy.

See COVID-19 on Next Page

Demystifying Appendix A of the Final Programmatic Agreement: Andersen Air Force Base

'RICK'S COLUMN'
By RICK PEREZ
Special to the Saipan Tribune

Rick Perez used to serve in the U.S. military and has work experiences in public policy research and public affairs. He is passionate about national security and geopolitics and runs a newsletter called Guam Affairs at guamaffairs.substack.com. For questions or comments, contact Perez at rickp7839@gmail.com.

The recent news that more ancient Chamorro burial sites were identified on military-controlled land where Camp Blaz in northern Guam is to be located is not surprising; unfortunately, nor is the lack of information sharing by the military with the public. Secrecy continues to be the Pentagon's method of choice when it comes to explaining what kinds of damage is occurring within federal government-controlled land in Guam. This policy of secrecy is precisely why it is of utmost importance that our ancient Chamorro Pacific Islander people create the conditions for ourselves to seek fuller understanding of military activities and documents. Thus the effort to continue a review of Final PA documents is in order.

Today, we are looking at the second part of Appendix A, the Andersen Air Force Base "AAFB" section. This section takes up the last 40 pages of this 115-page document. Unlike the navy section that uses five different columns, the air force section uses seven separate columns containing approximately 224 rows, mostly without labels. Column labels are found only toward the very end, and are as follows: "Training Grouping," "Training Activity," "Location," 'Description," "Mitigations," "Stressors," and "Reference Map." Compared to the navy, the language contained in the air force rows is more coded and obscure, and as is the case with the navy, the AAFB section does not have a glossary.

More confusing or less confusing?

The air force has 17 PowerPoint style pictures, two fewer than the navy. As with the navy pictures, the air force pictures are not consistently scaled, and it is impossible to clearly understand the precise locations of each image. It would be better to have one overall map of AAFB-controlled property big enough to clearly and specifically identify where each of the 17 pictures are precisely located in relation to each other, identically scaled.

And as with the navy images, the air force pictures are labelled with the words "NAVFAC" and "Section 106" and the disclaimer that "CNRM GeoReadiness Center does not attest to or guarantee the currency and/or validity of the data contained in this map, nor does it attest to any spatial accuracy. This map is for planning purposes only."

All 17 images have December 2020 dates and all but one picture has a sidebar with two legends and eight feature descriptions (with some misspellings). Three of the 17 pictures have firing range imagery that is obscure and does not break out surface danger zone information. There are approximately 172 icons depicting what kinds of activities will or are taking place in these areas such as "Night Driving" and "Confined Space" and "Land Demolition." Again, there are no glossaries.

Preoccupation with technical language, abbreviations, and alpha-numerical designations

What is clear from reviewing the AAFB portion of this Appendix A document is that much of the content contained both in the tables and in the imagery are not user-friendly to the Chamorro people. Medium length alpha-numeric designations make up much of the content. There are approximately 35 "Training Groupings" and at least one line item under this column is repeated on top of each page. The "Training Activity" and "Location" content is filled with all kinds of acronyms, all without detailed explanations as to what this language means.

The ability to connect the table information directly to specific imagery and to the horizontal and vertical legend listings is not possible. This AAFB section of Appendix A is evasive and prevents the Chamorro people of Guam from being able to readily grasp and truly understand what the air force and other military organizations are doing in northern Guam.

Omissions

The air force does not spell out what specific kinds and amounts of pollution, trash, chemical, liquid, or solid waste will be produced from each listed activity. There is no information explaining just how badly damaged specific land areas will become from recurring military activities and how areas will be repaired.

See DEMYSTIFYING on Next Page

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Be a smart ethical consumer

By ONO KAZUHIKO
Special to the Saipan Tribune

Ono Kazuhiko is the Japanese consul and head of the Consular Office of Japan on Saipan.

"Ethical consumption" is having a silent boom in Japan. Consumption such as eating, using or shopping is an action that's part of our usual daily activities. The phrase "ethical consumption" sounds very formal but it simply describes a way of consumption by considering how your lifestyle affects other people, communities, and the environment.

In September 2015, the United Nations General Assembly adopted 17 Sustainable Development Goals to make the world a better place. Within that, goal number 12—"Responsible Consumption and Production"—is the origin of ethical consumption. In Japan the Consumer Affairs Agency is taking the initiative to implement ethical consumption but it is vital to have the community involved for it to be successful. In Japan, certain prefectures or cities currently have organizations with specific goals to achieve further implementation of ethical consumption and key within these organizations is the Japan Ethical Association, which marked its fifth anniversary in last November. Due to the COVID-19 pandemic, the association started an online lecture, "Ethical Concierge Course," to develop and teach new concierges to further spread awareness of "Ethical Consumption." The representative director of the Japan Ethical Association, Ms. Sueyoshi Rikam, concedes that the word "ethical" is not well known among people and ethical consumption received little to no attention when the association was founded in 2015, the same year when the SDGs were adopted. Even under these circumstances, she did not lose hope because she had an important task to encourage people to think, take action, and ethically make changes, in order to create a world where like-minded people could live. Fortunately in Japan, within the last five years the word "ethical" is being more noticed and, starting next fiscal year, knowledge about "ethical consumption" will be included in textbooks for middle school and high school.

Let's look into what can be done with "ethical consumption." For example:

1. Consideration for people: Purchase products from businesses that are supporting the disabled with job opportunities.

2. Consideration for society: Purchase products in which a portion of the sales will be donated to charity and purchase fair trade products where materials and products are being traded at appropriate prices in developing countries.

3. Consideration for region: Support local production for local consumption, which leads to regional vitalization and to reduce the energy usage from transportation; or purchase products from areas affected by a disaster, which could lead to faster economic recovery.

4. Consideration for the environment: Purchase eco-labelled products that use recycled or bio-friendly materials.

5. Consideration for biodiversity: Purchase forest resourced products that are appropriately monitored; purchase seafood products following the protection of the environment and marine resources; and purchase products that uses palm oil (detergents) that are environmentally friendly.

Ethical consumption is not only done by those who are wealthy. Each individual has a role by being considerate toward one another, thinking about the background of how the products are delivered and disposed afterwards. Keeping this in mind and using appropriate services may result in solving the issue we are facing and passing on this teaching to the next generation is our vital task. The following are essential points to bear in mind:

1. Don't make a purchase that results in hoarding. 2. Only purchase the appropriate amount of essential products that you need. 3. Don't just think about now, think about what kind of effect it could have in the future. 4. Pay attention to any social issues going on in foreign countries. 5. Take action by being considerate to other people and not just only yourself. 6. Respect universal design and biodiversity.

If we realize that everything on this earth is connected to each other, we will come to an understanding that each individual's action has a greater meaning. One of the tasks is to think about how we could teach and face these issues by means of educating children and to think about what kind of Earth our next generation will inherit. In these times where the environment of the Earth is changing, we may have to adjust to change ourselves. To change the future of the world including the CNMI, it is up to each individual's consumption. The future of the world may change if we live day to day being conscious of this keyword.

Senate passes American Rescue Plan

HAGÅTÑA, Guam—Gov. Lou Leon Guerrero and Lt. Gov. Josh Tenorio issue the following statement regarding the advancement of the American Rescue Plan Act of 2021:

"The third stimulus package was passed by the Senate early this morning. We expect the House to vote on its final passage this week for President Biden's signature before previous aid expires. The additional aid to families and small businesses will help Guam move from crisis response to economic recovery. The bill amended by the Senate will provide direct payments to individuals, extended weekly emergency unemployment checks, long-term low-interest loans for small businesses, and more funds in rental, utility, and mortgage relief," said Leon Guerrero.

Tenorio added, "The most devastating effects of this pandemic have impacted our most vulnerable citizens—our children. The bill directly addresses this fact. Families with children will receive an increase in Child Tax Credits and food stamps. These benefits lift millions of people out of poverty and cut child poverty in half. We are much closer to helping individuals most in need." ***(PR)***

DEMYSTIFYING

From Page 6

There is no language in this section that explains where the underground aquifer system is in relation to each training area location, or the risks that may be produced from human presence and military activities.

There is no language in this section that clearly spells out fire risks, risks to military personnel, and risks to villagers as to what kinds of aerosolized dangers might come about from the training or damage to beach and shoreline areas. There is no language discussing specific cumulative destruction, dangers or risks to humans, native species and ecosystems near these pictures.

Appendix A is largely a concealing document with an unclear purpose

Appendix A is largely a concealing document. The information layout is coded and abbreviated with many misspelled words and columns that are missing headings. The document doesn't provide any real sense of what the public is supposed to do with this material. There is no easy way to connect the 17 images back to the table content referencing image legends.

As with the Naval Base Guam portion of Appendix A, there are no glossaries in sight. It is not known how many people will be participating in the training activities, what units are involved, how much water and power will be consumed from these actions, how many days each year each site will be used, and what foreign militaries and/or paramilitaries will be training alongside U.S. forces. No explanations are provided to explain to the public what Section 106 is, and there is no indication as to what, when, how, or where any local leaders or representatives were involved in any capacity with preparing Appendix A.

What is clear is that based on the iconography and content of Appendix A, our ancient Pacific Island home is becoming hypermilitarized at historic levels without the prior, written, or formal consent of the ancient Chamorro Pacific Islanders of Guam and without a full and rigorous understanding of what is taking place.

LETTERS TO THE EDITOR

Help Saipan Cares for Animals

It's so beautiful that a 9-year old artist, Kate King Manglona, wants to donate the sale of prints of her paintings to Saipan Cares for Animals. A big "thank you" to Kate!

I want to suggest also that a CNMI lawmaker or several lawmakers join the drive to help Saipan Cares for Animals. Not only does the nonprofit organization help the communities of Saipan, Tinian, and Rota take care of their animal pets, Saipan Cares for Animals can also help our tourism industry when the tourists start coming back to our islands. Saipan Cares for Animals takes care of healthy, sick, and abandoned animals. This is a major reason for the CNMI government to help the nonprofit organization. Can the government step forward and offer an abandoned garment factory and/or public land to help Saipan Cares for Animals? Reps. Sheila Babauta, Celina Babauta, Tina Sablan, Edwin Propst, Richard Lizama, and Sen. Vinnie Sablan, the CNMI communities of Saipan, Tinian, and Rota will appreciate any assistance from you. I am a retired educator who asks that the government, the Legislature, and concerned government agencies like Public Lands step forward to help Saipan Cares for Animals.

Lupe Borja Robinson
Sadog Tasi, Saipan

In these dangerous times, we must be vigilant

Trump's radical Republican Party (aka gang) is predicated on The Big Lie. It has been proven over and over the election was not stolen. Yet the former president's enablers continue to believe his misinformation while reviving his true (and evil) agenda to become dictator. With supporters like America Firsters, QAnon and assorted white supremacist groups, President Biden's administration needs to be keenly aware of these dangerous times, especially when these groups threaten our Capitol in Washington, D.C. The free world is watching.

Herb Stark
Mooresville, NC

COVID-19

From Page 6

While there are certainly some businesses excited to open at full capacity (and some who have skirted rules for months), the prevailing community response seems to favor caution.

"The business community is still processing recent announcements," said Brandom Gengelbach, president and CEO of the Fort Worth Chamber of Commerce, in an email.

"At this point, most businesses are continuing current regulations and guidelines while evaluating changes in policies based on the Governor's announcement. We want our businesses to feel confident and comfortable in the decisions they make," he added.

And right now, it seems that businesses (and patrons) are confident and comfortable in doing what they've been doing.

That's probably a good thing; at least it makes sense.

After all, it took months for people to make mask-wearing and distancing a habit; it took months for businesses to learn how to operate in an environment that would both follow mandates and satisfy customers.

It will certainly take some time for those habits and innovations to be reversed, especially if most people are erring on the side of caution.

A reversal will occur as a significant and increasing number of people are gaining immunity, either through the vaccine or the virus itself.

We also have different information today about things such as mask use.

Initially, masks were about protecting others, but even the CDC has updated information on its website citing studies that suggest masks also may provide protection to the wearer.

That may not compel people to wear one, but if you are afraid of unmasked people breathing near you, your decision to wear one should provide some comfort.

Whether Abbott and Whitley's orders bring you frustration or joy, the early returns seem to suggest that the way most Texans behave is not going to change overnight, and maybe not for a while.

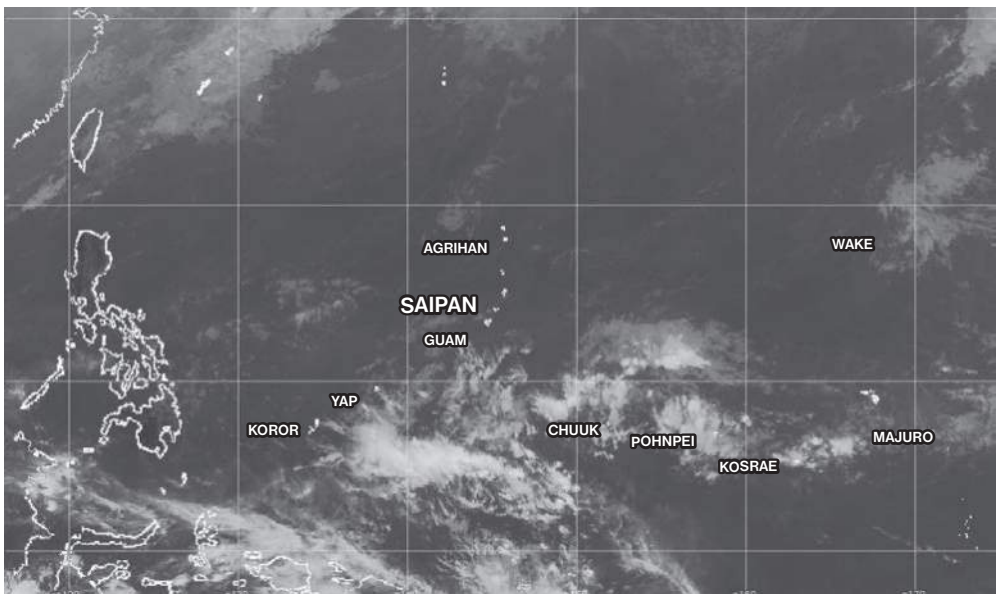
Maybe Texans will wait until July Fourth to celebrate mask independence.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mostly sunny with isolated light showers. East winds 15 to 20 mph.	Partly cloudy with a 10 percent chance of light showers. East winds 10 to 20 mph.	Partly cloudy with a 10 percent chance of light showers. East winds 10 to 20 mph.	Partly cloudy with isolated showers.	Partly cloudy with isolated showers.
86° / 76°	87° / 77°	87° / 77°	87° / 77°	87° / 77°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 7:23 AM, SUNDAY, MARCH 7, 2021

Western North Pacific between equator and 25N from 130E to 180.

Dry conditions persist across the Marianas despite mostly cloudy skies seen over Guam and Rota–an extension of mid-level cloudiness from a disturbance farther to the south. Moderate to fresh trade winds and combined seas of 7 to 8 feet are otherwise seen around the region.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA	▲ ▼ °F	
Guam and Rota	Partly Cloudy	85° / 77°
Palau	Partly Cloudy	85° / 76°
Yap	Showers	85° / 78°
Chuuk	Thunderstorms	85° / 80°
Pohnpei	Partly Cloudy	85° / 79°
Kosrae	Thunderstorms	85° / 79°
Majuro	Thunderstorms	84° / 79°

DAY	SUNRISE	SUNSET
Today	6:29 AM	6:26 PM
Tuesday	6:29 AM	6:26 PM
Wednesday	6:28 AM	6:26 PM
Thursday	6:27 AM	6:26 PM
Friday	6:27 AM	6:26 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	2:19 AM	1:46 PM	-
Tuesday	3:16 AM	2:45 PM	-
Wednesday	4:09 AM	3:43 PM	-
Thursday	4:57 AM	4:38 PM	-
Friday	5:41 AM	5:31 PM	-

AROUND THE GLOBE	▲ ▼ °F	
Auckland	Partly Cloudy	73° / 61°
Beijing	Sunny	64° / 36°
Hong Kong	Partly Cloudy	75° / 68°
Honolulu	Partly Cloudy	76° / 66°
London	Showers	48° / 39°
Los Angeles	Partly Cloudy	65° / 52°
Manila	Sunny	91° / 77°
Melbourne	Mostly Cloudy	82° / 61°
Miami	Mostly Sunny	84° / 72°
New York	Partly Cloudy	38° / 18°
Osaka	Partly Cloudy	57° / 46°
Paris	Windy	54° / 41°
Busan	Partly Cloudy	61° / 48°
Rome	Partly Cloudy	64° / 52°
Salem	Cloudy	56° / 34°
San Francisco	Mostly Cloudy	55° / 46°
Seoul	Partly Cloudy	55° / 37°
Tokyo	Partly Cloudy	59° / 46°
Washington, DC	Partly Cloudy	39° / 23°

TIDES: SAIPAN HARBOR TODAY	FEET	
5:14 AM	High Tide	1.60
10:11 AM	Low Tide	1.23
2:40 PM	High Tide	1.60
10:33 PM	Low Tide	-0.23

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

- Stay home as much as possible. Avoid unnecessary travel or public places.
- Avoid social gatherings in groups of more than 10.
- Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.
- Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.
- Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.
- Create a household plan of action, https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html
- Ensure a 30-day supply of all medicines.

Continue good hand hygiene

- Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.
- Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

- Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:
- ❏ Choosing a room in your house that can be used to separate sick household members from others.
- ❏ Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- ❏ Avoiding touching your eyes, nose, and mouth with unwashed hands.
- ❏ Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561 These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mpand, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at http://www.chcc.gov.mp/pressrelease.html and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: editor@saipantribune.com. Website:www.saipantribune.com.

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E-mail: sales@saipantribune.com

FLIGHT SCHEDULE AS OF MARCH 5, 2021

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	6:55am	7:35am	1, 5, 6
UA117	7:00am	7:40am	4

SAIPAN-MANILA (MNL)

UA117/183	6:55am	9:50pm	1, 5 via Guam

GUAM-MANILA (MNL)

UA183	8:00pm	9:50pm	1, 3, 5

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	5:10am	5:51am	1, 5, 6
UA174	5:15am	5:56am	4

MANILA (MNL)-SAIPAN

UA184/174	10:55pm	5:56am+1	3 via Guam
UA184/174	10:40pm	5:51am+1	5 via Guam

MANILA (MNL)-GUAM

UA184	10:40pm	4:30am+1	5
UA184	10:55pm	4:45am+1	1, 3

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JANUARY 9, 2021

SAIPAN TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1301	8:30AM	9:00AM	Mon/Tues/Wed/Thurs/Fri
1302	11:00AM	11:30AM	Mon/Tues/Wed/Thurs/Fri/Sat
1303	3:30PM	4:00PM	Mon/Tues/Wed/Thurs/Fri/Sun

ROTA TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3101	9:30AM	10:00AM	Mon/Tues/Wed/Thurs/Fri
3102	12:00AM	12:30AM	Mon/Tues/Wed/Thurs/Fri/Sat
3103	4:30PM	5:00PM	Mon/Tues/Wed/Thurs/Fri/Sun

ROTA TO GUAM

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15	12:45	Temporarily Unavailable

GUAM TO ROTA

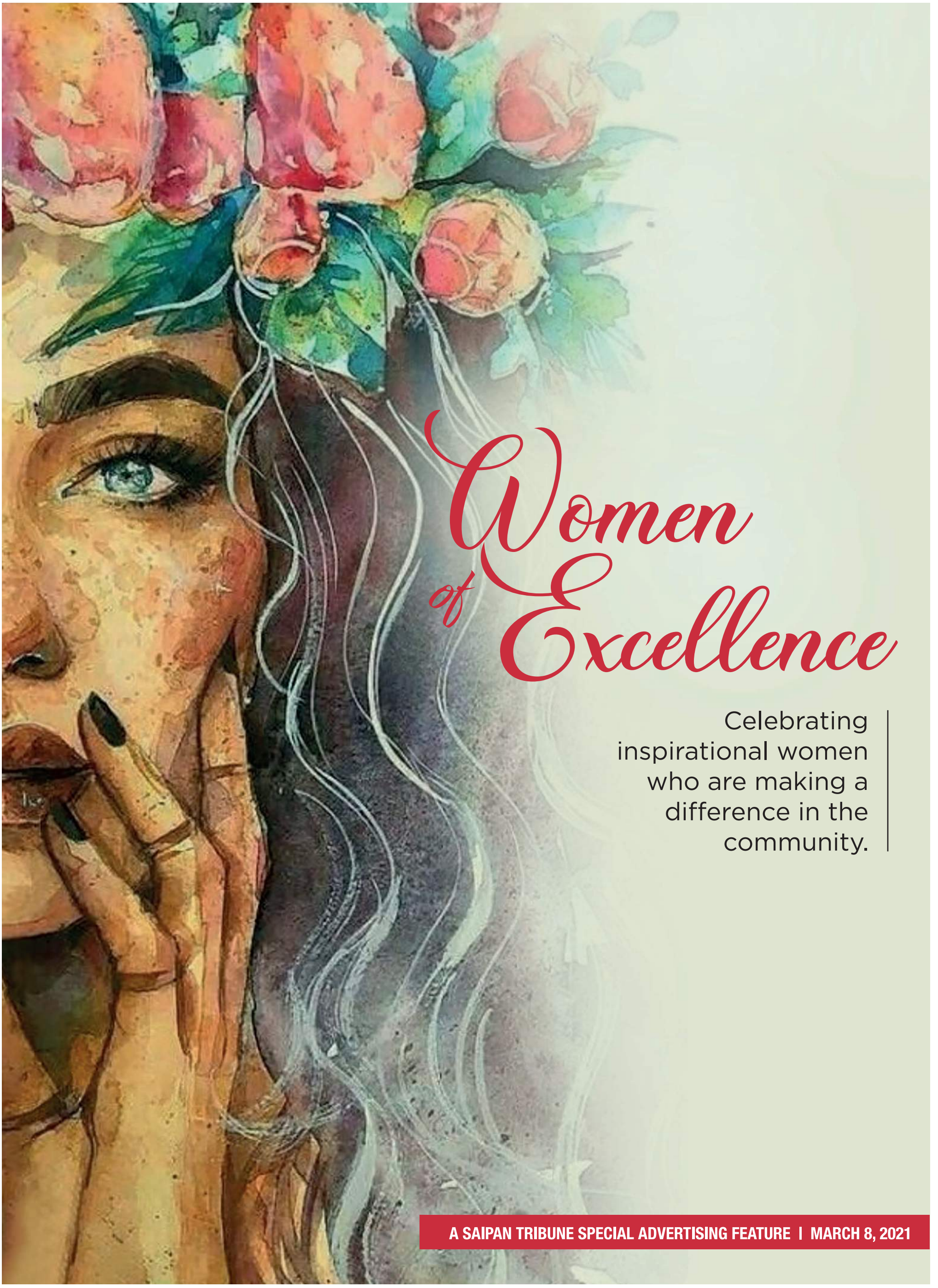
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
4301	13:00	13:30	Temporarily Unavailable

SAIPAN TO TINIAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1201	7:00	7:15	Temporarily Unavailable
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Daily
1205	11:00	11:15	Temporarily Unavailable
1206	12:00	12:15	Temporarily Unavailable
1207	13:00	13:15	Temporarily Unavailable
1208	14:00	14:15	Daily
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Daily
1212	17:00	17:15	Temporarily Unavailable

TINIAN TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
2101	7:30	7:45	Temporarily Unavailable
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Daily
2105	11:30	11:45	Temporarily Unavailable
2106	12:30	12:45	Temporarily Unavailable
2107	13:30	13:45	Temporarily Unavailable
2108	14:30	14:45	Daily
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Daily
2112	18:30	18:45	Temporarily Unavailable



Women of Excellence

Celebrating inspirational women who are making a difference in the community.

A SAIPAN TRIBUNE SPECIAL ADVERTISING FEATURE | MARCH 8, 2021

‘Saipan is an island of many opportunities’

Amanda J.A. Dunn and her two boys—Liam Otto, who is almost 5 years old, and Rufio, who is turning 2 in a month.

CONTRIBUTED PHOTO

Amanda J.A. DUNN

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

Amanda J.A. Dunn—Ms. Amanda to her students—is a woman of positive influence, of determination, and meaning. Over the past decade and a half, she has pursued health and higher education while serving as a beacon for Saipan Community School as its principal and superintendent.

“The island and the opportunities I have encountered here have truly pushed me to grow as a leader and a member of the community. …The best way I can articulate what motivates me every single day is my ‘Why Statement.’ The reason I do what I do is ‘To create joy and serve with love so that I can contribute to the lives of others and glorify God!’ This gives me hope and [remain] focused on what is important in my life,” she said. “I know that I am where I need to be. This is solidified every day as I strive toward my personal mission statement: ‘Move! Take action in what you believe with truth and integrity.’

As a mother of two little children—Liam Otto, who is almost 5 years old, and Rufio, who is turning 2 in a month—Dunn says she feels the dynamics of life changing all the time. “I am still learning to juggle my commitments. This is an aspect of my life with many successes and many failures. My goal is to learn from both the successes and the failures alike as I continue to move forward,” she added.

Dunn said there are four main areas that she hopes to have balance in her life—her professional work, her personal relationships, her spiritual journey, and her health/wellness. “I consistently learn something new about who I am and who I want to be. This is true in aspects of my personal life and in leadership. …I couldn’t do it alone and I am thankful to have a very supportive and loving husband, Trey, who is my confidant and best friend,” she said.

Dunn said her diverse passion and interests have led her to invest her time and be part of worthy organizations that include the Pacific Century Fellows, Women in Science, Saipan Ultimate, Ladies Bible Study, National Speech and Debate, Saipan Community Church, and Saipan Community School, which was her reason for moving to Saipan.

“It is my hope that my values and beliefs of dependability, work ethic, honesty, truth, integrity, adventure, achievement, and faith are what positively influence the employees and peers that I have had the opportunity and blessing to work with,” she added.

To kick off 2021, the three most important things that Dunn wants to accomplish are: one, planning and hosting a COVID-19-conscious Ultimate Frisbee tournament with her husband; two, rebuilding the next phase of Saipan Community School’s campus with the Federal Emergency Management Agency and repairing the damage caused by Super Typhoon Yutu in 2018; and three, to make time to have meaningful video chats with her sister and parents in the U.S. mainland.

‘Working with the youth is inspiring everyday’

Mīlī SAIKI

By BEA CABRERA
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CORRESPONDENT

Mili Saiki is never without energy, will never let you pass without saying ‘Hola!’ (hello) and always comes along or shows up at the right time, like any mentor, teacher, and friend. They say nobody can inspire people like teachers, but for Milli, who has worked as business manager of Saipan International School for 25 years, the feeling is mutual.

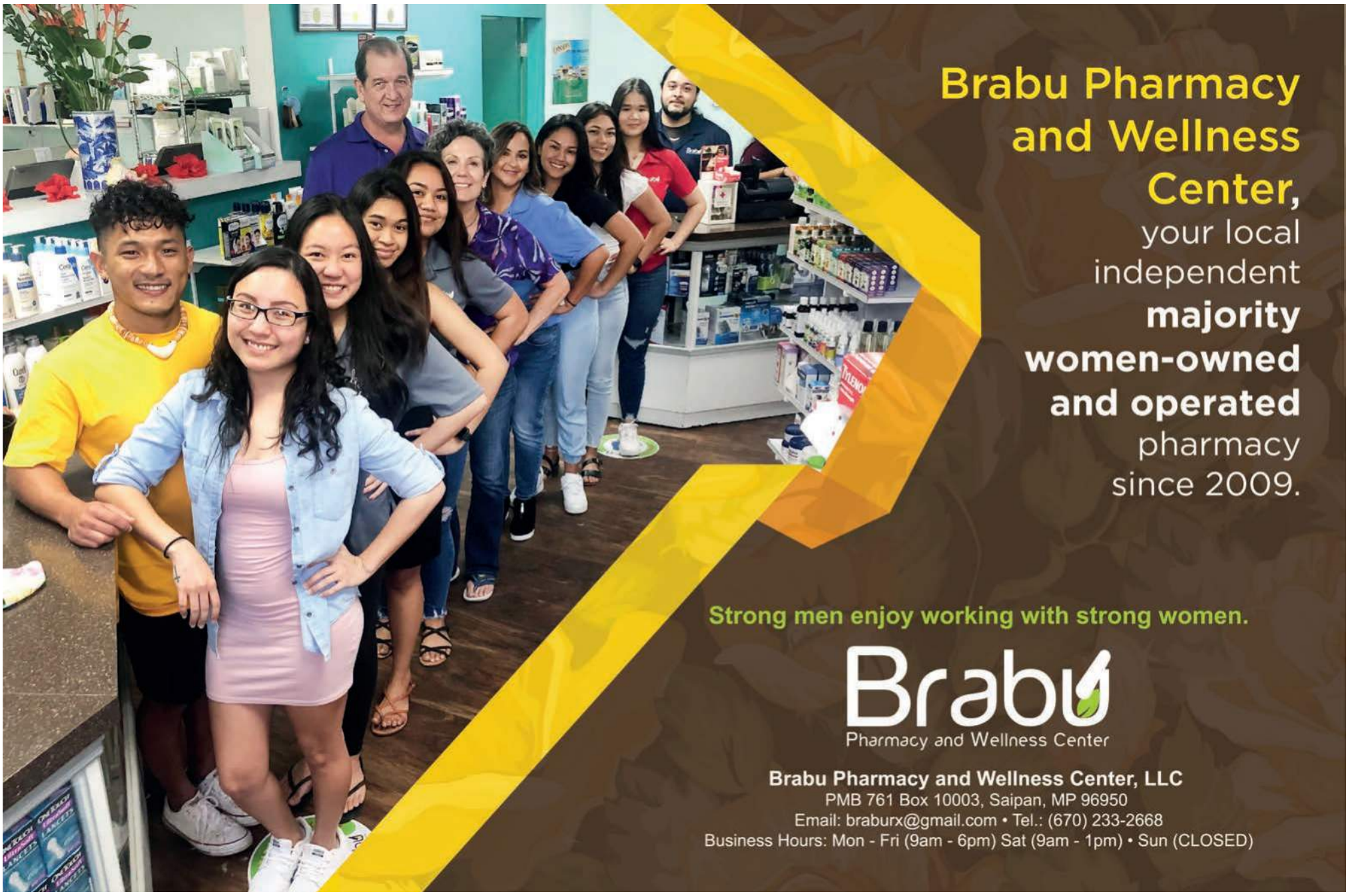
“At SIS, I do [many things], from taking care of the office business, to helping students, teachers and parents, coaching volleyball, organizing fundraisers—you name it, I can do anything. Why? Because when you’re working with children and young adults, you are inspired,” she said. “They are our motivation and before we realize it, we become very passionate in what we do. Class after class I have seen students graduate and become great professionals. What more motivation do I need?”

The year 2020 was a trying time for Saiki and many schools due to the pandemic but her good spirit and bubbly personality have kept her afloat. “Enjoy every moment and love what you do because there will be difficult days and difficult people, but when you try to see the best in every experience, you get the best results and to me that is a good measure of success. When you work with children, they are your priority and sometimes is hard to balance it but I always try,” she said.

Saiki also loves to cook and considers that her break but she also revels in eating out, watching the sunset, and being with friends, “knowing that each of us are important because there is nothing more rewarding knowing that you are an inspiration in somebody’s life and even better when you make a difference in theirs,” she said.

Saiki considers herself lucky to be living on Saipan. “That may sound cliché but I am very fortunate to live in this kind of community. Last year was difficult with the COVI-19 and the political situation we all saw in U.S. and the world. [Yet] we live in peace on Saipan, with so much respect regardless of where you come from. We embrace our cultural differences, learn from each other, and it is only on Saipan you will have the opportunity to feel like being in the United Nations, with friends from Korea, Japan, China, Taiwan, the Philippines, and Czech Republic, and eating lumpia, coco, sushi, kimpab, and dumplings, all in one table,” she said.

Her goals for this year is “to work toward a better world” and that includes hugging her daughters, seeing her family, traveling to Peru, finishing this school year with face-to-face classes, having a face-to-face senior graduation, and more. “We recently formed the SIS Saipan Cares for Animals Club and we are happy and proud of that. …We live in paradise and when life is difficult, we must remember where we are and be thankful for that,” she added.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Shirley's Coffee Shop congratulates their very own **Shirley's Football Club Women's Team on their first win** this last Sunday's SPRING 2021 DOVE WOMEN'S KICKOFF! Division A Team won 7-6 against SUFC and Division B Team won 5-2 against SUFC.

HAPPY INTERNATIONAL WOMEN'S DAY!

Kelsey MCCLELLAN

Constantly inspired by marine life

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

Kelsey McClellan wears two hats—she is a marine biologist at Johnston Applied Marine Sciences and is an environmental planner for the Pacific Coastal Research and Planning. Doing both entails study and gathering information so we know how to take care of the environment better, which, in turn, inspires fascination with the ocean world.

"At Johnston Applied Marine Sciences, Dr. Lyza Johnston and I are working on several projects conducting marine debris surveys in the Tinian Harbor and southern Saipan lagoon with Mariana Island Nature Alliance or working at the coral nursery with our two amazing Northern Marianas College interns, Richelle Ramon and Logan Mister, with other rotating cast of volunteers," she said.

Right now, her favorite project with the Johnston Applied Marine Sciences is the Ruth Gates Coral Restoration Innovation Grant, which is a three-year project. As McClellan explains it, that project is where JAMS will test "a new settlement substrate for coral larvae in order to scale up coral restoration efforts through the outplanting of sexually derived juvenile corals." Whew, very "sciency" stuff. Simply put, it means finding new ways to restore coral reefs in the CNMI.

That project will also build local capacity to implement coral sexual propagation. The project itself is named after Dr. Ruth Gates, who was a role model for women in science, particularly for women in coral ecology. McClellan said it is an "incredible honor" to be working on this project in memory of Dr. Gates.

Meanwhile, at Pacific Coastal Research and Planning, McClellan works alongside Becky Skeele Jordan and a Community Advisory Committee to develop a shoreline master plan for a section of the Froilan C. Tenorio Beach Road Pathway, incorporating blue and green infrastructure to mitigate erosion, while promoting and supporting all recreational and fishing activities that occur along Beach Road.

McClellan said the impact of the work she does keeps her motivated. "The work we are doing will have a positive impact on the coral reefs here [on] Saipan, and hopefully will help to scale-up the CNMI's coral restoration efforts. …The content of the projects I'm working on really drives me forward and I love the work that I do with JAMS and PCRP. Coral conservation and restoration is a really rewarding field and the hands-on work is really gratifying. Our interns also motivate me to accomplish my goals."

McClellan said she is grateful to be exactly where she is. "I love Saipan, I love our community, and I am so thankful for the friends and colleagues that I have here. I think gratitude is probably the biggest secret to success, but maybe not always the easiest to remember. Also, I always want to be in a position where I can support others' endeavors, successes, and failures," she added.

With all the work that MClellan does, she admits caffeine is her best friend along the way. Most of her professional goals to accomplish are project-oriented and deadline-based. Her current plans involve finishing work in what she calls the "Structure from Motion"' dataset that she has been working on ("We're getting near the deadline!")

She also works with Project HOPE (Healthy Ocean & People Empowerment) that was launched by Friends of the Marianas Trench Monument. This involves working with ocean elders and teaching middle-schoolers of the Public School System about ocean science.

"There are a lot of amazing scientists and ocean elders who come together to teach the students scientific methods and traditional knowledge of the ocean and lagoon, and it's a wonderful opportunity to get involved with future marine scientists," she said. "I believe collaboration is a key to success and in order to collaborate it's important to listen and understand where folks are coming from. …Gratitude, listening, understanding, and supporting are the biggest skills that will help you find and achieve success.

McClellan describes her personal goals as simple and accomplishable: learning how to play a few songs on the guitar, which she has just started to learn, continuing to fatten her savings account, and making sure her dog gets a daily walk and lots of attention.

'I have strong feelings for self-determination and love seeing people grow'

Laurie PATERKA

By BEA CABRERA
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CORRESPONDENT

Many successful women are early to rise, are in tune with the times, promote a healthy lifestyle, and are serious about helping others and the community develop and progress. Women who consistently do these are always willing to take chances and are not afraid of failure and such is Laurie Paterka.

All these years, Paterka has been highly productive: managing Practical Solutions LLC, a consultancy firm she created in 1998 to help other companies focus on bringing the best end-product to their customers, while also being a founding member and past president and now executive director of Friends of the Mariana Trench, plus a founding member and past president of the Northern Marianas Islands Volleyball Association.

"…I have strong feelings about self-determination and love seeing people grow. ...I endeavor to provide vision, structure, leadership and a platform for projects to come to life. I helped co-found FOMT in 2008…the NMIVA, I helped co-found in 2004 and in January, I officially retired from my role. …I helped create these organizations at the request of others who needed help and I opted to help because I was interested in their mission and concepts," she said.

"I took a personal interest in the outcome of seeing these ideas come to life. ...We don't have control in this world over very many things. But we can choose how to show up in our community. I want to be a good community citizen and use my skills to contribute to the highest potential of this community," she added.

Paterka is always curious and always hungry for the next level that would move the needle forward in collaboration with others. "I value teamwork and I love applying just the right amount of support to help others see or achieve possibilities they want to reach and helping them own those successes." Sometimes, that involves "being able to articulate visions so that the stories are infectious and these stories lead people to action. Listening to others, valuing their point of view and treating what you hear with respect without exception."

Paterka admits that balancing her personal life and work is a challenge that she tries to work on every day. "…I am working on seeking balance all the time. I find myself in a space in time where what I do just doesn't feel like work. I don't 'have' to do what I do, I 'want' to do what I am doing. I justify to myself that being unmarried and with no children of my own allows me to give more of myself in my community efforts," she said. "I still need to stop the world and breathe. ...I also take time out every day to exercise a little, have play time with my dog and cats who make me laugh and have hobbies—I love being in nature and exploring outdoor spaces. Generally, I try to keep a healthy lifestyle and rely mostly on natural healing."

This year, Paterka may have eliminated some responsibilities but that only made her take on other equally worthy causes. "I have successfully handed the NMIVA over to a new board whom I have every confidence in that they will take NMIVA to a whole new level of success. ...I have more time for creativity, so I will be shuffling my priorities around to allow maximum time in places of joy." That includes working with various Friends of the Mariana Trench community partners on three new grant projects—two that are focused on capacity building and one that is about constructing a proposal for an ocean/marine science hub in partnership with both CNMI government agencies and various educational institutions.

"I see ways to help individual national federations strengthen their organizations and working with the Northern Marianas Sports Association as an at-large board member to help them facilitate this through resources available from the Lemmai/Mei Incubator project at the MANGO is one. I can also see how the work that I've started with the [Northern Marianas College] to cultivate college sports and college sport administration will need a new agenda for the next FISU funding cycle," she added.

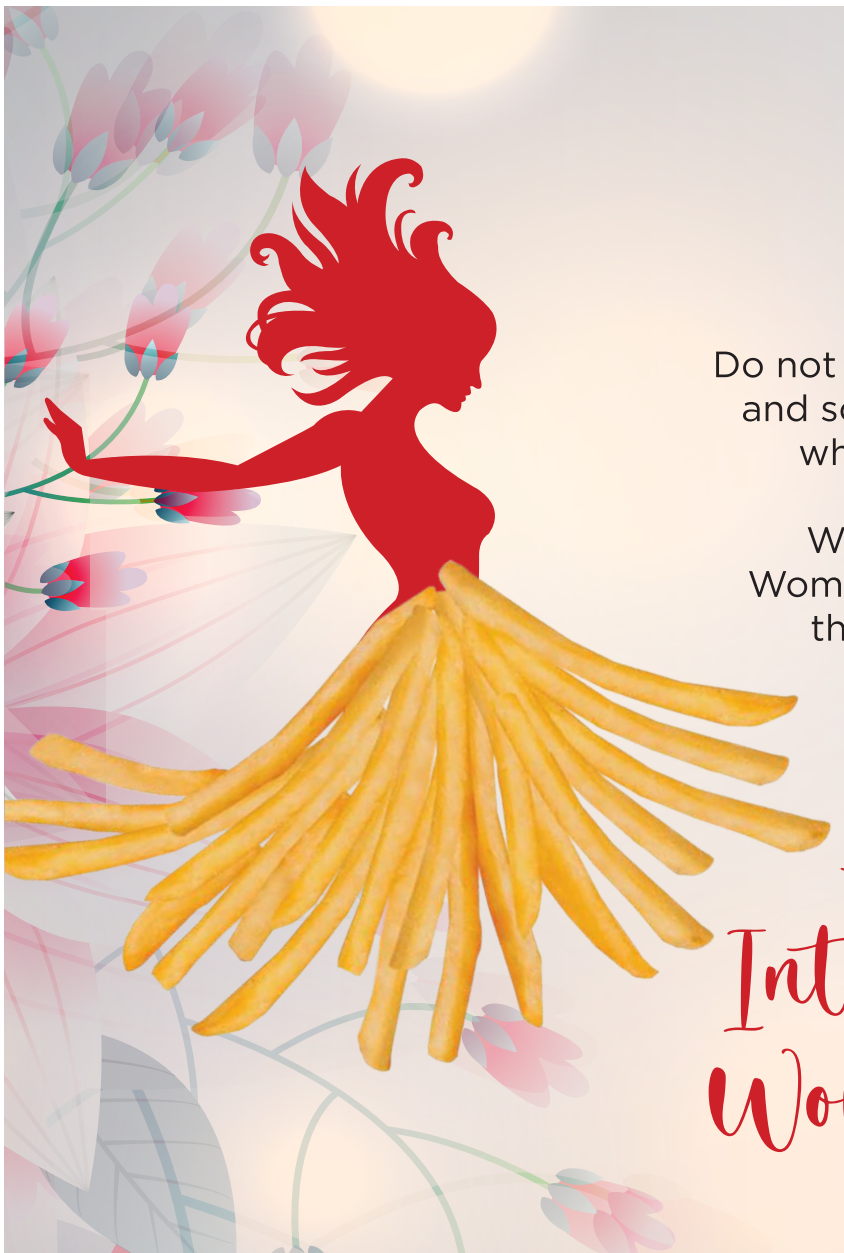
With all of the work and achievements under her belt, Paterka keeps herself grounded and is full optimism, courage, and hope. "I didn't always believe in myself and I had a lot of help along the way and paying it forward is a lifestyle choice for me. I do my best to give people around me latitude to explore, be a sounding board, and access to my experience and I encourage trial and error. I hope for individuals to truly believe that they are capable, that anything is possible, but to also realize that it's up to them to see their way through to making their visions into reality.

"…you have to take the risk. Both success and failure are gifts because it means you tried. It's not trying that is ultimately the harder thing to live with. …When I see the joy others experience, that they too can believe in themselves, that motivates me to keep interacting with people and projects to create more of those moments. I want to inspire others to their highest potential. Seeing that motivates me," she added.

Her soul is fierce,
her heart is brave,
her mind is strong.
She is a woman.

— R. H. Sin

Happy International Women's Day!



Do not live someone else's life
and someone else's idea of
what womanhood is.

Womanhood is you.
Womanhood is everything
that's inside of you.

— Viola Davis

Happy International Women's Day!

STORE HOURS: **Garapan Express:** 6AM to 10PM DAILY | **Chalan Pale Arnold Road:** 6:000am to 12 MIDNIGHT DAILY
Chalan Pale Arnold Road 235-8577 Office Tel. 235-8761 • Fax. 235-8760 • E-mail: admin@jcamcd.com

Recognizing all the women in the CNMI on

International Women's Day

We value your partnership in the community.

From the Office of Senate President
Jude Untalan Hofschneider and the
Members of the 22nd Senate Commonwealth Legislature

Love for home, community, and environment

Maria Terlaje is the reigning Miss Northern Marianas Earth 2020. At just 19 years old, she may be young but her wisdom precedes her and keeps her priorities on track. In fact, she describes her winning the NMI Miss Earth crown not in terms of a simple beauty pageant but as a manifestation of the love she has for her home and community and an example of showing kindness to Mother Earth.

"My advocacy relays the importance of choosing love and kindness. I believe that love and kindness within yourself manifests a positive attitude for what is around you, including our environment. I achieve each goal by initiating them with the purpose to inspire through my advocacy. As Miss Earth, I do my part to create projects that embrace both love for one another and the islands we live in. From beach cleanups to speaking to our youth, every small step to make a difference will set examples to the people of the Marianas," she said.

Terlaje said her goal at a minimum is to inspire one person, hoping that that person will inspire another, allowing chain reactions of love for the environment to grow and inspire more trends for the community. "The secrets I have for success evolved from the obstacles and challenges that strengthened my abilities to accomplish many things. The bricks that were thrown at me, helped me build a foundation to envision the woman I aspire to be. …Taking my own hardships and forming them into my weapon for success diminished potential downfalls and cleared an open path for opportunity because life's journey is not always easy but I made it my own and that's all it takes," she added.

As the CNMI's Miss Earth 2020, Terlaje said there are many things she wants to accomplish. First is to launch a campaign that focuses on leadership and empowerment for the youth and the development and preservation of the islands, from land to sea. Second is working with schools and nonprofit organizations to help educate the community about the importance of doing their part for the environment. This also include speaking with CNMI lawmakers about coming up with bills or laws that create an eco-friendly CNMI. Third is creating more initiatives that motivate community involvement in important causes for the environment. Fourth is encouraging women to participate in leadership organizations, including running for Miss Northern Marianas Earth 2021, saying this organization is an effective tool to spread environmental awareness.

Terlaje admits that this new lifestyle of balancing school, taking care of herself and Miss Earth duties has required her to make huge adjustments. "…It helps to stay focused on what is important to you. Before my day starts, I list down my agenda and what I need to accomplish that day. Writing down a list of what is most important helps my mind come together to achieve everything that needs to be done," she said. "Being a leader for our youth, women, and the environment motivates me to leave something special in everyone I come across. Through my love for the environment and my community, I hope to instill the desire to make a difference through community involvement in my projects and plans."

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

'It started with a heartfelt vision'

Leisha Deleon Guerrero became Miss Northern Marianas Earth in 2019 but she says that actually got started as just a generalized "heartfelt vision" to serve people. Winning the Miss Earth tiara has transformed that vision into one that is focused on raising environmental awareness, working with organizations to support environmental efforts, creating opportunities for environmental initiatives, and representing the Marianas here and abroad.

"2019 was indeed a year of achievement for me and for those who supported and embraced the Miss Earth Northern Marinas endeavor. From the physical representation and voice of the Marianas amongst worldwide beautiful delegates to the momentous waving of the CNMI flag at the monthlong international Miss Earth Pageant tour, every step was an accomplishment. The partnerships and continuous service to many are my valued achievements," she said. "I'm still learning and growing in all areas of my life."

She has been able to partner with numerous schools, organizations like the Ohala Foundation, and government agencies, and she is excited to create more partnerships in the future. "I really want people to see my passion, kindness, dedication, and professionalism when I meet them. I want to show others that I value their time, their work while inspiring others and to do more our community," she added.

Deleon Guerrero said she has since learned that each season has its purpose in her life and she has faith that she has a purpose that will be made clear and will unfold through the seasons. "My passion to do good works must be led by faith. I need to realize the purpose of my goals personally and to those around me, and to be diligent in accomplishing my ambitions with the will that comes from my heart and not expectations. Most importantly, be led by faith, allow God to lead you toward His desired path, and give every ounce of glory to Him," she said. Deleon Guerrero is currently a full-time student but is still busy doing and supporting environmental causes. She said balancing the two highlights the importance of time management. "I focus on prioritizing responsibilities and deadlines as much as possible and allow leisure time in between. … For this year, I also want to focus on nurturing my faith and my studies, making healthier choices, dedicatinge my time to school and studies and learning to appreciate every moment life gives me."

By BEA CABRERA
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CORRESPONDENT

"Women demonstrate their passion by allowing love to grow their accomplishments. Love grows everything. It grows what's in you, what's around you, and what will come to you. Choosing love on the environment will grow generations of pride in our culture, community, and all things Land and Sea."
Maria Lael Terlaje
2020 Miss Northern Marianas Earth
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Ramona
L. JONES

Starting the day with 'I can do better' mindset

By BEA CABRERA
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CORRESPONDENT

Ramona L. Jones has worked most of her life. As chief executive officer of Jones & Guerrero Inc., a Guam-based family business, Jones handles various businesses on Saipan like the KFC and Taco Bell franchises, the Townhouse Furniture and Appliances store, and real estate and rental properties. Jones said that what makes her productive and purposeful every day is always thinking, "I can do better."

"My day starts the night before because I want my creative mind to work while I'm sleeping. I think about what I need to accomplish the next day or ruminate on a problem that I haven't quite figured out yet. In the morning sometimes I have a solution, or at the very least I have an action list for the day," she said.

Jones said she also tries to say a prayer each morning before opening her eyes ("There must be a reason why God wants us here on earth another day, right?")

She also always think "I can do better." "This motivates me in a positive way. That attitude brings freshness to daily tasks, reassurance to things I consistently fail at and perseverance to large jobs that take a long time to accomplish," she added.

Jones had a taste of work when she was 12 at their family farm called the "Bar K Ranch"' on Tinian. Equipped with a business sense at a young age, coupled with a bachelor's degree in international business and finance from the University of San Francisco, Jones honed herself and with the support of others to be who and where she is now.

"One of the secrets to my success is that I ask for help and I am able to recognize good advice when I hear it. I also have the confidence in myself and abilities to create my own path," she said.

One other little mental motivation that Jones uses, which she calls her little "click" and not "trick," is to tell herself, "I get to" instead of "I have to"—like "I get to pick up my kids now," "I get to go to work," "I get to call my husband, etc."

"This makes me feel grateful and empowered at the same time," she said.

"…I also look to simplify life. I think most people can handle themselves but it gets so hard when you are trying to balance other people's lives and priorities too. I try to be very realistic about how long things will take and stick to those limits. Proper planning, scheduling and empowering people, even children, to pull their fair share is good for everyone's development," she added.

In addition to running many businesses, Jones is a dedicated mother. "Since school has been at home for most of the year, my worthy cause has been helping my children with online classes and the PTA," she said. That experience has created in her a sense of empathy for families that have two or more young ones at home. "It must have been next-to-impossible. …My heart goes out to them," she said. "I think this 'missing year' will be the most serious issue we'll need to address as a community."

Jones said she continues to support and be supported by the Women's Chamber and the Chamber of Commerce because sharing information and best practices "are so important during unusual circumstances," she added.

For the new year, Jones is looking at how to effectively implement customer satisfaction, which is crucial in any business. "A lot of what we are focusing on now is digital advancement of our existing business to align with what our customers want. ...While our business can't wait for the whole tourism engine to roar back to life, we are looking at other revenue opportunities in the next few months…and trying to figure out the right way to prepare for visitors' to return and adjusting to supply chains that are out of whack," she said.

Jones added that being authentic and engaging with co-workers is always part of her day. "I would love for them to have fun when we are working together. I love to laugh with my co-workers. If they can walk away with a smile on their face and clear meaningful purpose—happy, super-charged, and raring to go, then that is my goal."

'I've always been goal-driven'

Kimberlyn Kay
KING-HINDS

By BEA CABRERA
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CORRESPONDENT

Kimberly Kay King-Hinds looks at juggling a law career, civic duties, being a wife and mother all "a work in progress." Multitasking may be dauting for most women but she believes that if you have a goal then you will have time and energy for everything.

"…Getting up in the morning and doing what I do every day is just how my parents raised us. …I was raised by very progressive single mother who entered the workforce at the age of 14 and went on to become one of the first women to serve in the 1st CNMI legislature. She later met my Dad who equally instilled the importance and value of service to the community ," she said.

"If there's a secret guide to success, I wish someone would share that with me because the older I get, the more I realize how little I actually do know. But in all seriousness, I've always been goal-driven and once I set my mind on completing a goal, I'm like a dog with bone. I'll keep at it until I scratch it off my list. I don't think there is a secret to success. It's basically how much you want to accomplish something and what you are willing to do to get there," she added.

For two years now, King-Hinds is the first woman to sit as board chair of the Commonwealth Ports Authority. "As chair, I am the contracting officer, which means I have a duty to review and sign off on all contracts, leases and other legal instruments on behalf of the board and the agency. …This requires a lot of reading and working with the CPA executive team and industry partners to understand the issues so that I can have a better understanding of how I can best serve CPA and the community," she said.

King-Hinds said she only has one goal for CPA this year and that is to stay solvent without having to furlough or implement a "reduction-in-force" this year. "We are living through a time where there are so many unknown variables with an indeterminate time frame that it's difficult to plan. 'Wait-and-see' has never been a sound planning model or revenue forecasting tool but yet here we are, with so many of our industry partners needing definitive answers with regards to rates and charges so that they can figure out how they can stay solvent," she added.

Aside from CPA , King-Hinds is also involved in other cause worthy organizations. "I do a lot of community work but two things that I enjoy the most is coaching the Tinian High School Mock Trial team and being the co-founder of Friends of San Jose Church, Tinian. Tinian and Rota kids have a hard time when it comes to programs like mock trial because they don't have access to resources that are readily available on Saipan. My husband and I volunteer to coach because we want Tinian kids to have some of these opportunities that allow them to see and learn about different paths that they can choose from as career opportunities," she said.

Her biggest goal at the moment? To build a new Catholic Church on Tinian. "Together with three amazing human beings from Tinian, we formed Friends of San Jose Church Tinian to do just that. We completed the first phase of our project with the completion of the Tinian Social Hall and its subsequent turnover to be used as a temporary place of worship. We have started working on the second phase and we are just so blessed and so excited to be able to give back to our community in such a meaningful way," she added.

King-Hinds recognizes that she won't be able to do many things if not for the understanding of her family. "I feel as though I'm constantly sacrificing time with my family, especially my husband and daughter, to keep up with work and civic engagement. My daughter is graduating from high school this year and over the course of these last 17 years, I've been dragging her from one thing to another. I've missed so many of her games and activities because I'm either working or doing stuff for the community," she said.

"I remember being her age and being so angry at my mom for not having the time that I wanted with her because she was doing the same thing I am doing now. …Finding that balance has been a challenge for me that has come at the cost of losing valuable time that I will never be able to get back with my husband and daughter. Fortunately for me, my daughter has grown to be a kind, loving, smart, beautiful, driven young woman despite my shortcomings as a mother and my husband, Chester, the coolest cat on the planet," she added.

With all of the things that need to be done, King-Hinds is a busy woman who is also trying to keep it real. "…I have a lot of shortcomings and patience is not one of my virtues. I have the attention span of gnat on most days and try really hard not to be abrasive. …But all that is a work-in-progress and so I pray every day that my thoughts, my words, and my deeds are reflective of goodness and kindness," she said.

"….I want to quit smoking, grow my private practice and hone into an area of law that I actually enjoy, spend more time with my family, curse less, be kinder than I was last year. …I hope that after someone meets me, I give them reason to believe that despite the craziness, there are people in the world who genuinely care," she added.

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Grace and Aria Keilbach.

Aria and Grace KEILBACH

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Aria Keilbach.

By BEA CABRERA
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Sister act

Sisters Aria and Grace Keilbach got started with a simple group page on Facebook, to feature stray dogs on Saipan and create some awareness about the plight of these dogs they find roaming, neglected, or injured on the road and streets of Saipan.

They have been helping stray island dogs or "boonie" dogs for about three years already and, in that time, has managed to generate more and more support across the globe, leading to the birth of the Boonie Babies Saipan Organization.

"We work to rescue, rehabilitate, and adopt out boonie dogs. This involves daily feeding rounds for strays spread across the island, rescue missions, administering medical care, and taking home the worst cases we find to foster them until they can be adopted out. We also are working behind the scenes on our social media platforms to spread awareness and help make a difference for the lives of the boonie babies," Aria said.

"You can't look into these puppy eyes and say 'no'. Animals, and dogs in particular, have always been something that we are passionate about, so when we saw the neglect and abuse that boonie dogs face, it was an easy decision to step up and do something about it," Grace said.

Although the dogs stay with them temporarily before getting adopted, the two sisters treat each and every animal as part of their family. "If you are hanging out with us, you have to like dogs because there will be lots of them involved. Luckily, all of our friends are very understanding and our work life (the dogs) fits right into our social life. At times it is overwhelming and we definitely rely on each other to make it work," Aria said.

As co-founders of Boonie Babies Saipan Organization, the two sisters concede that providing a home and rehabilitating rescued animals take a lot of work but they see possibilities for these dogs beyond the island. "Part of our advocacy this year is to make off island adoption accessible. However, due to COVID-19, that is extremely difficult for now but it is on our list. We are also [collaborating] on efforts to find a traveling veterinarian to visit the islands and hopefully find one willing to stay for a longer period of time," Grace said.

The Boonie Babies Saipan Organization also wants the community to be more involved in their mission and help animals on the island. "We are working to get rid of the stigma that boonie dogs aren't good pets and are dangerous. Overall, we would like to make a sustainable difference and get as many dogs as possible off the streets and to their forever homes," Aria said.

"Boonie Babies Saipan Organization is our main focus with just Grace and I running the entire thing. From taking care of our currently nine foster babies to feeding rounds to social media outreach and much more, we are completely dedicated to our cause and unfortunately don't have time for much else," she added.

Grace said the Boonie Babies Saipan Organization is inclusive and welcomes anyone to join them help more boonie dogs. "We want people who work with us to walk away with a feeling of purpose and enlightenment. Simply knowing how big of a difference they alone can make in the lives of these animals is a message we would be grateful to share."

"We want them to value the importance of compassion and learn respect for not only the dogs we rescue but for other aspects of their lives as well. These boonie dogs are our passion and have had such a huge positive impact on our lives and the way we appreciate the world around us that we would like to be able to share that experience with others," Grace added.

A volunteer, teacher, and a leader

As one of the newest addition to the 22nd CNMI Legislature representing Precinct 5, Rep. Leila Haveia Fleming Clark Staffler (D-Saipan) operates with the goal "to do the most good and leave our place better than we found it."

That means her heart has always bent toward service to the community and that got started when she was fresh out of Willamette College Oregon in 2001, when she accepted a job as an art and English teacher at the Tinian Jr. Sr. High School, her alma mater, from 2001 to 2007. She then moved to Saipan and worked as an English teacher at Kagman High School until 2010.

"I really loved teaching because I truly felt like I could change someone's life through education. I took a leap and became the KHS vice principal in 2010 when I had just been voted as the KHS Teacher of the Year that year. I felt that if I could do so much for the 120 students in my classes, imagine what I could do for the whole school!," she said. "I took on the responsibilities of instructional coach, teacher mentor, PRAXIS support, AP program director, disciplinarian, super substitute, problem solver, facilities manager, and the list goes on."

In 2013, Staffler became the KHS principal, where she took on the added roles of instructional leader, event planner, transition process coordinator, Student Council adviser, disabilities advocate, principal representative, program innovator, and so much more.

After almost 13 years in public education serving the KHS and Kagman communities, Staffler thought about scaling up her service that will affect more lives in the community. "My goals have always been to give back to my community. As a recipient of the 7-32 full scholarship, that was always an expectation that was drilled into me since high school. The way I have given back to my community has changed over the years, depending on my ability to give," she said. "As a young person, I volunteered time and energy to help my community and the environment. As I have gotten older, I began to be the one coordinating volunteer activities for youth. I learned through my experiences and research how important it is to build connections in our community through volunteer work and for several years, I worked to embed the value of volunteerism into the culture of graduating seniors at CNMI public high schools. Today, as an elected public servant, my goals still rooted in giving back to my community through volunteerism and access."

As chairperson of the Committee on Education and Workforce in the CNMI House of Representatives, Staffler said she is "super motivated."

"I am motivated by the call of our people and community to make a difference for the future of our Marianas. I am motivated because I truly feel like the CNMI could be a model of progress and efficiency through interagency collaboration and long-term planning," she said. "I am still far from accomplishing some personal goals but I know I will get there one day and I am where I need to be for now. My formula for success would be to always be your best, don't procrastinate and always read the directions—a shout out to my former students! (laughs)."

In the first six months of 2021, Staffler plans to establish routines, conduct outreach and gather feedback and input for all things coming through the pipeline at work. According to her, these foundations support the Democratic values of accountability and transparency. This will be further reflected in the 22nd Legislature's rules and operating procedures.

Staffler believes that restoring public trust in government can be achieved through transparency, accountability and open communication. Also, she is guided by the twin principles of "doing the most good," which was coined by Evangeline Booth, the humanitarian leader of the Salvation Army in the 1930s; and "Leave this place better than you found it"—the guiding principle shared with her cohort of the Pacific Century Fellows, as stated by former Honolulu mayor Mufi Hannemann.

"These principles highlight volunteerism and public service in a way that I try to live and hope to impart on people who work with me," she said.

Leila Haveia FLEMING CLARK STAFFLER

By BEA CABRERA
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CORRESPONDENT

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Dr. Norma ADA

Left Saipan as young girl and came back a physician

By BEA CABRERA
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Even at a young age, Norma Ada knew she was going to be a physician. But to do that, she had to leave home and flourish somewhere else first. She graduated from Tulane University School of Medicine in 1993 and, after four years of residency training at the University of Rochester Medical Center in New York, she returned to Saipan in September 1997, now with the title "Dr." affixed to her name.

"It was always my intention to come back to Saipan after completing my educational and training requirements. I left as a 17-year-old high school graduate in 1985 and coming home as a doctor in 1997 was one of the most joyful moments for me and my family," she said.

Ada said she is very close to her family and growing up on Saipan meant she knew at an early age how valuable being healthy meant and the role a physician has in influencing the health of others. "My decision was definitely made even easier after spending four long years in upstate New York, so I was ready for year-round sunshine," she added.

Ada tells people that pursuing medicine is not a career but a vocation. "…It is a way of life that many of us chose and enjoy tremendously. When you enjoy what you do and are passionate about it, then that is what motivates you to come to work. To be able to wholeheartedly care for the sick is a grace you may not realize, and not many people can do it, so whether you care for the sick in your home, clinic, or hospital, you are doing what comes naturally to you," she said.

Life in the field of medicine challenges one's life balance, Ada said. That means sometimes thinking about a patient or their circumstances but also making the time to be "present" in the presence of one's family. "My husband, Jayson, will attest that this is not always the case. I try not to be everywhere and do everything but I am gently reminded to simply 'slow down,' as my mom would say, and make the time for God, family, and friends," she added.

After many years in medical practice, Ada is still always thinking of how Saipan can grow as a place ideal for everyone. "…I have bounced this idea to others that Saipan needs a safe designated beach area for our disabled folks to swim and do aquatherapy. I have started to research ideas on placing a ramp so one can walk with assistance or wheel themselves close to the shoreline and wade in the water to enjoy our ocean or safely do water-based physical therapy.

"I tell patients that we have the best swimming pool along our western shoreline and we need to figure out a way to make it more accessible to those who would benefit from being in the water and I have received encouraging feedback from my focus group. …This is hopefully the year that the world begins to come out of the pandemic, so I want to continue to help in the efforts of encouraging others to be vaccinated or answer their questions if they are still hesitant about the COVID-19 vaccines," she added.

Aside from giving medical prescriptions, Ada also generously dispenses life advice. "…I often tell the young members of my family and they would laugh at this but a career that requires many years in higher education and specialty training is 'delayed gratification.' It takes hard work, grit, and most importantly, support from your family and friends who believe in you and cheer you along the way and pick you up with words of encouragement and love. …Care for yourself and others, keep your mind, spirit and body healthy, and never stop learning, especially reading books," she said. "I also encourage having a well-rounded life. …Nurture other passions and interests or engage in activities with others, be it in sports, arts, music, dance, cooking, or anything that takes you outdoors and brings out your creativity. You want to hang out with folks who will get you out of bed or off the couch to go walking, biking, fishing, swimming, or simply laughing and enjoying each other's company. We live on an island where being outside is a great reason to keep your mind and body healthy."

VOX POPULI

The woman who inspired you

By BEA CABRERA
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Behind the success of every person is a woman that pushed them to be the best they can be, taught them to treat others kindly, be strong, laugh and live with gratitude so these attributes can move forward and touch other people too.

"We signed a 'Women's Month' proclamation earlier and in my speech, I said a mother in a home is what makes it a home. I am a man and I appreciate how my mother struggled to raise five boys and one girl. I love my mom and my sister and we are supposed to respect our ladies every day. March is a special month for [women] and I congratulate all the women leaders, business partners and everyone of them that step up and give back to the community. I want to encourage the CNMI women to get out of the box because I believe in women and in their leadership."
— **Gov. Ralph DLG Torres**

"Most definitely my mother, Gemma. She inspires me because when I was a little girl, I vividly recall she always told me that independence was important. To stand on my own, to always be able to take care of myself regardless whether there was a man in my life or not. That taught me to be strong and independent at a young age."
—**Associate Judge Teresa Kim-Tenorio**

"My grandmother, Dorothy. She was educated by experience and believed in the power of positive thinking. There wasn't a single day when she wasn't 'perfect' and she didn't believe you could give too much of anything— love, money, and time. She was truly an inspiration."
—Heather Popa of Papago

"I would say Wendy Herring. She was my general manager back at Pacific Islands Club in the late '90s. I consider her a mentor, I loved her management style, the way she treats people and staff and in a lot of the ways, I manage Triple J's businesses and people in the same manner and style that I learned from her.
—Jay Santos, general Manager of Triple J Five Star Wholesale Foods

"My wife, Rosemond Santos, because she is a hard worker. She worked her way through school in the [United] States and that is a very daunting task for an island woman. But she persevered and got through it. She has also been a member of the CNMI Legislature but gave it all up so she can take care of her mom, who was ailing at that time."
—**Gary Sword, member of the Governor's Council of Economic Advisers**

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Can you be a conservative feminist?
Experts and activists weigh in

In the words of author bell hooks, "feminism is for everybody." Feminism is broadly defined as the economic, social and political equality between the sexes, and there are many kinds—black feminism, Chicana feminism, intersectional feminism, radical feminism.

But what about conservative feminism?

At the start of Women's History Month, Ivanka Trump tweeted that "we honor women's legacy of achievements," to which others on Twitter replied, "who do you mean by 'we'?" and "achievements that your father is working to strip away."

White House press secretary Sarah Huckabee Sanders has also come under fire. When she told reporters that President Trump's tweet about Sen. Kirsten Gillibrand was not sexist, many on social media—as well as mainstream media, including MSNBC host Mika Brzezinski—disagreed.

Former Gov. Mike Huckabee defended his daughter, saying she "represents women" and "deserves better from other women." Conservative commentators have called out "Hollywood feminists," including Cher and Chelsea Handler, for mocking Sanders' appearance.

These moments highlight the tension between conservative women and the mainstream feminist movement.

While many conservative women don't identify as feminists, some advocate for their own version of feminism that they say better aligns with their beliefs—but what does conservative feminism look like?

Abortion remains a sticking point

The feminist movement historically has had an identifiable list of policy goals—including access to legal abortion.

In her introduction to feminist theory, hooks, a leading feminist author and activist, wrote that a woman could personally choose to never have an abortion while still supporting others' right to choose, but "she cannot be anti-abortion and an advocate of feminism."

However, there are women who identify as "pro-life feminists." Even Hillary Clinton said she believes people can "absolutely" be pro-life and still be feminists.

Activist Destiny Herndon-De La Rosa, founder of the pro-life group New Wave Feminists, said it's a shame that the mainstream women's movement hasn't welcomed them, but she doesn't need "permission" to call herself a feminist.

"I don't wait to be invited to parties," she said. "I created this group because I saw something lacking in the feminist movement which constantly had me compromising."

Herndon-De La Rosa found herself in the spotlight when her group was removed as an official partner of the 2017 Women's March because of its stance on abortion.

She said she's regularly approached by pro-life women who say they didn't know they were "allowed" to call themselves feminists and "now they're getting thrown into all these other issues, like rape culture."

What does conservative feminism mean?

Outside of abortion, much of the rhetoric used by conservative feminists focuses on "choice," or allowing women to support whatever policies they choose, regardless of whether or not they are "feminist."

At last year's Conservative Political Action Conference, Kellyanne Conway, the first woman to run a successful presidential campaign, said she doesn't consider herself a feminist "in the classic sense" because she said the movement is considered anti-male and pro-abortion.

However, she continued, "there's an individual feminism, if you will, that you make your own choices ... that's really to me what conservative feminism, if you will, is all about."

Similarly, Karin Agness Lips, founder of the Network of Enlightened Women, a national organization for conservative university women, said she also doesn't consider herself a modern feminist because the movement lacks clarity and is too extreme.

Instead, she identifies as an "opportunity feminist." She says this version of feminism prioritizes maximizing opportunities and choices for women, rather than seeing them as victims "that need every interaction regulated."

Opportunity feminism prioritizes equality of opportunity over equality of outcome, meaning that so long as women have the same opportunities as men in education, the workplace and politics, it doesn't matter if they are represented in equal numbers.

"I'm hoping that that's going to be a way for conservative women to reclaim the feminist title," said Agness Lips. "The left claims they are the women's empowerment movement and they're not. And our policies are actually better for women."

At odds

Instead of policing who gets to use the term, feminists should focus on analyzing the policies put forth by those who claim to be feminists, said UCLA gender studies professor Juliet Williams.

"I think it's incredibly important for feminists to call out the contradictions," Williams said. "If you're pitching a kind of feminism that works for you and people in your community, but is really exclusive or demeaning to people outside that community, how can that really claim to be a feminism?"

Williams said the heart of intersectional feminism is radical inclusivity. Many feminist policy goals are tied to the idea of intersectionality, or the understanding of how women's overlapping identities—including race, class, ethnicity, religion and sexual orientation—impact the way they experience oppression and discrimination.

"Conservative feminists" simply don't advocate for the same structural and institutional changes that feminists historically have, said Ronnee Schreiber author of the book Righting Feminism: Conservative Women and American Politics.

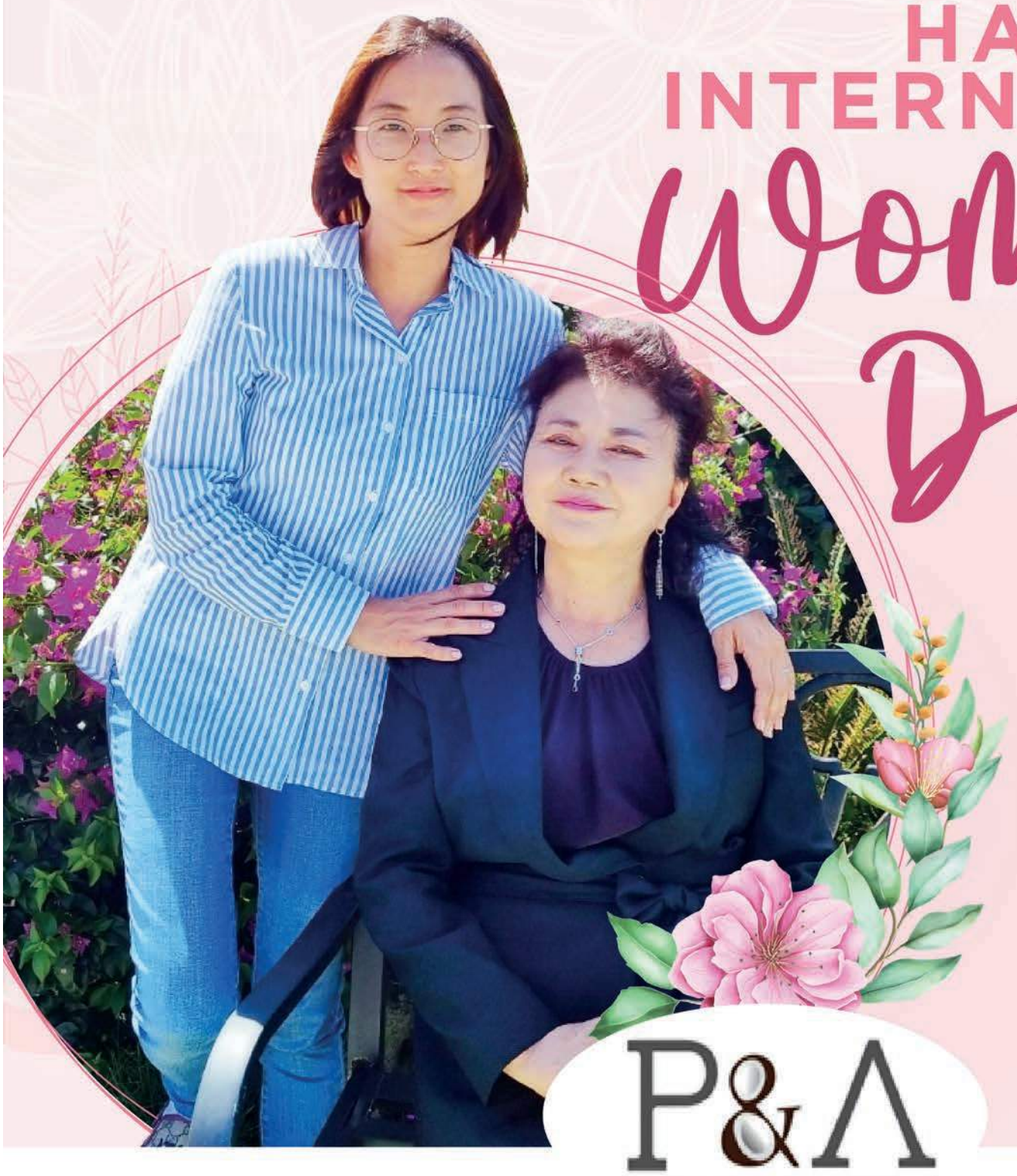
"For them, there's a very narrow view of what feminism is and also a very ahistorical view," said Schreiber, department chair of political science at San Diego State University. "Feminism isn't just about a personal identification. It's a political and historical movement."

By N'DEA YANCEY-BRAGG
USA TODAY

She is the architect of a family, society, nation, and world.

— Author Unkown

HAPPY INTERNATIONAL Women's Day!



Mother and Daughter Team.

Striving to balance family life and the demands of managing their diverse business. *"In this modern society, we believe that women should empower themselves to be a productive member of the community. Managing our business has a lot of ups and downs but this struggles gives us more reasons to persevere. Our company is not just an income or an achievement for us, it's the livelihood of each and every employees we have as well as giving back to the community."*

— Hyoun Min Oh & Doyi Kim

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INTERNATIONAL ROLLER SKATE

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LUNCH: 10:30AM - 14:00PM
DINNER: 17:30PM - 21:00PM

WINNERS RESIDENCE

Winners Horseback Riding

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Winners Laundry

WHEN WOMEN ARE EMPOWERED,
LOVED, & ACKNOWLEDGED,

INCREDIBLE THINGS HAPPEN.

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GENERATIONS FLOURISH.

Happy International Women's Day!

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HEALTH IS WEALTH

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Business

KOREA HOUSE:
Honest food *made fresh* everyday

By MARK RABAGO
mark_rabago@saipantribune.com
ASSOCIATE EDITOR

CONTRIBUTED PHOTOS
Korea House Restaurant is located on the second floor of Winchell's Donuts in Susupe.

Korea House Restaurant, located on the second floor of Winchell's Donuts in Susupe, prides itself with preparing only the freshest food and serving them in generous portions to customers they treat as honored guests.

Manager Jongsook Oh said that Korea House has served as a *de facto* kitchen and dining room for many Korean families on Saipan since being incorporated under Shine Star Corp. on Aug. 18, 2004.

"Korea House Restaurant's food is always fresh. We don't use ingredients that we are afraid of consuming ourselves. We make food for families and our own families eat our restaurant's food. We are always developing new items to serve our customers," she said.

Oh is also proud that their chefs use traditional Korean cooking techniques to get the most of the flavor out of Korean authentic ingredients and never use artificial flavorings.

"Our food is known for its clean taste. …It's honest food. …Korea House always stands by the quality of its food and refrains from using artificial ingredients. We make side dishes fresh every day. We are also known for our fresh kimchee that we make daily. Our portions are generous and good for sharing," she added.

For more information, advance orders, and for reservations, call 235-7781.

Korea House counts among its bestsellers its caviar wrap (alsam), which delights a lot of their female customers and is fun to eat, squid and pork belly bulgogi (osambulgogi), flying fish roe (albab), octopus over spicy rice served in hot stone pot, mushroom/beef shabu-shabu (bosot jeongol), and marinated pork bulgogi (ganjang dwaeji bulgogi).

Lately Korea House has drawn more customers due to its Korean barbecue—boneless beef ribs, marinated grilled beef ribs, and grilled beef tripe. "It's a taste that you won't forget once you taste it," said Oh.

Add to this, she said Korea House's spicy buckwheat noodles and spicy noodles are the best on island and their sashimi is always fresh and melts in your mouth.

Korea House Restaurant's food is made from the freshest ingredients and only uses natural flavors.

"After every meal, we also serve iced coffee or plum drink as dessert, free of charge," she added.

Currently, Korea House also has a special take-out menu promotion for lunch that Oh wants busy office workers to try.

Like the rest of the CNMI, COVID-19 has affected the business tremendously, Oh said

"We were closed for months and when we finally opened we did have take-out menus, cleaned our facilities thoroughly, and developed special take-out menus for our customers. But still with no tourists it is difficult to stay afloat," she said.

Oh said the business is suffering, but is thankful that they still have many loyal local customers who have not forgotten about Korea House.

"Just as our customers have stood by us during our most difficult times, Korea House will stand by its quality food and its customer service. We always greet our customers with a friendly ready smile. Please don't hesitate to ask for menu suggestions to enhance your dining pleasure."

Korea House can sit a maximum of 105 diners under the Governor's COVID-19 Task Force's guidelines and is open from Monday to Saturday, 11:30am-2pm and 5pm-9pm, and Sundays for dinner only from 5pm to 9pm.

For more information, advance orders, and for reservations, call 235-7781. They can also be reached through Facebook and Instagram: KoreaHouseRestaurant.

Bank of Saipan launches 'Dollars & Sense' financial literacy video

Bank of Saipan last Saturday launched the first in a series of financial literacy videos titled, "Dollars & Sense, a Guide to Personal Finance and Banking for Ages 7 to 107."

The bank initiative aims to provide educational material on money matters to prepare and/or enhance the financial well-being of those living in the Commonwealth of the Northern Mariana Islands. The videos will provide useful information on money matters for all ages, from as young as 7 years to tweeners to high schoolers to college students and older.

Bank of Saipan CEO John Z. Arroyo said that the development of the financial literacy video is the bank's response to fill the need for the practical knowledge that is often taken for granted: money management.

"Many of us have grown up learning important lessons and life skills taught to us at school, by

parents, family, and friends. Others we learn on the job. One very important lesson often missed is how to manage money. After being in this business for 30 years I have personally seen the lack of this knowledge in customers/members across the range of banks and the credit union where I have worked," Arroyo said.

According to Arroyo, the financial industry, particularly the banks and credit unions have sought to make up for the knowledge gap by developing programs to educate young and old on campus and at workshops. "This effort by the Bank of Saipan is unique in that it is focused solely on the CNMI although the lessons taught are applicable anywhere else in the world," he said.

Arroyo recalls that the development of the financial literacy video started about a year ago, shortly after the COVID-19 pandemic shut down the island. Bank of Saipan created a contest to help keep schoolchildren busy and focused on family and friends during the lockdown. The bank solicited the help of island educators to put the contest together, judge the submissions and assist with judging.

"When the contest ended, we wanted to do more and the idea to create an entertaining way to help folks understand money was formulated. The educators stayed on board and were instrumental in moving the project from inspiration to reality," Arroyo said.

Bank of Saipan is committed to provide financial support, direction, and banking expertise to produce the full series of videos for various age groups.

"This video is the first installment of many more to come. It and the next three or four to follow targets individuals in the 7-10 age group. The next series of videos will target the 11-16 age group. After that we will focus on teens preparing to graduate from high school and young adults in college or the workplace. The final series of videos will target older adults," Arroyo said.

"Dollars & Sense, a Guide to Personal Finance and Banking for Ages 7 to 107" may be viewed on the Bank of Saipan YouTube channel. ***(PR)***

IN THE SUPERIOR COURT
FOR THE
COMMONWEALTH OF THE
NORTHERN MARIANA ISLANDS

IN RE THE ESTATE OF	**CIVIL ACTION NO. 90-0840**
RITA KAIPAT,	**[PROPOSED] ORDER AFTER HEARING**

This matter came before the Court on February 9, 2021 at 9:00 am. Attorney Colin M. Thompson appeared on behalf of Administratrix Catalina Tebit and Attorney Janet H. King appeared on behalf of the *Estate of Carmen R. Guelles*. Attorney Thompson reported that at this time, Decedent's property interest cannot be determined by the title company and there are other individuals claiming ownership for Lot 1772New-2, Lot 1772 and E.A. 297. The Court finds that In rem jurisdiction is proper and that Lot 1772New-2, Lot 1772 and E.A. 297 is property over which this Court must resolve and oversee the "disposition of property." *In Re The Matter of the Estate of Hillblom*, 2011 MP 5 at ¶ 13; citing Pennoyer v. Neff, 95 U.S. 714, 734 (1878)(in an action to quiet title or to determine the ownership interests in real property, in rem jurisdiction is appropriate).

Based on the facts presented and the documents filed in this case, the Court orders Administratrix to serve this Order to all interested parties by publication in a newspaper of regular circulation for four consecutive weeks. Administratrix shall also serve Triple J Enterprise the Motion to Amend Inventory and Order After Hearing. The hearing on Administratrix's Motion to Amend Inventory will be heard on April 6, 2021 at 10:00 a.m. Interested parties are ordered to appear before the Court to present their claims.

SO ORDERED this 25th day of February, 2021.

/s/ **HONORABLE WESLEY M. BOGDAN**
Associate Judge

MICHAEL A. WHITE, ESQ. F0122
THE LAW OFFICES OF MICHAEL A. WHITE, LLC
POST OFFICE BOX 5222
SAIPAN, MARIANA ISLANDS 96950
TEL: (670) 234-6547 | FAX: (670) 234-9537

ATTORNEY FOR Plaintiff

IN THE SUPERIOR COURT
FOR THE COMMONWEALTH OF THE
NORTHERN MARIANA ISLANDS

NORTHERN MARIANAS HOUSING COPORATION, Plaintiff, -v- AGRIPINA J. GIODA and MICHAEL J. GIODA, Defendants.	CIVIL ACTION NO. 18-0103

FIRST AMENDED NOTICE OF SALE

NOTICE IS HEREBY GIVEN that, pursuant to an Order issued by the Court in this matter on January 4, 2021, I will sell, at public auction, to the highest bidder, on the terms and conditions set forth hereinbelow, all of the right, title, and interest of Defendants in and to the following property:

Legal description of the property:
Lot no. 011 G 264, situated in Kagman III, Saipan, Northern Mariana Islands, containing an area of 750 square meters, more or less, as shown on the Divisions of Lands and Surveys Official Cadastral Plat no. 011 G 06 dated December 1, 1993, Commonwealth Recorder's File no. 93-4414, the description therein being incorporated herein by reference.

Total area of the property: 750 square meters, more or less

Known encumbrances: None.

Date, Time, and Place of Sale. The sale will be held on Monday, March 22, 2021, at the hour of 1:30 p.m., at The Law Offices of Michael A. White, LLC, Joeten Center, Susupe, Saipan, Northern Mariana Islands. The sale will be open to the general public. Copies of a title insurance report for the properties are available to any prospective bidder upon request.

Terms and Conditions of Sale. The Terms and Conditions of Sale may be obtained from the undersigned, either prior to or at the sale. These terms and conditions shall govern the conduct of the sale.

DATED, this 15th day of February, 2021:

/s/ MICHAEL A. WHITE, Auctioneer

Commonwealth of the Northern Mariana Islands
HEALTH CARE PROFESSIONS LICENSING BOARD
P.O. Box 502078, Bldg., 1242 Pohnpei Court
Capitol Hill, Saipan, MP 96950
Tel No: (670) 664-4809 Fax: (670) 664-4814
Email: cnmi@cnmibpl-hcplb.net
Website: cnmibpl-hcplb.net

Pursuant to P.L. 8-41, Section 11, Governor Ralph DLG. Torres and Lt. Governor Arnold I. Palacios, through the Health Care Professions Licensing Board (HCPLB) are hereby giving notice that it will hold its regular monthly board meeting on Thursday, ***March 11, 2021 at 8am*** on Saipan. The meeting will be held at the Administration Building, Governor's Conference Room on Capitol Hill.

AGENDA

I. Meeting Call to Order
II. Determination of Quorum
III. Review and Adoption of Agenda
IV. Review and Adoption of Minutes (02/10/2021)
V. Public Comments
VI. Chairperson's Report
A. Proposed amendments to the Pharmacy Regulation
VII. Director's Report
A. Update on the amendment to P.L. 15-105 – Removal of Limited Terms for HCPLB
VIII. Investigator's Report
IX. Communications from the Governor's Office & Legislature
A. Governor's Office
B. Legislature
X. Old Business
A. Opioid Bills
1. SB 21 – Medical Assistance
2. SB 21 – Good Samaritan Act
3. SB 21 – CNMI Drug Overdose Policy
B. § 140-50.3-4900 – Addiction Professionals
XI. New Business
XII. Pending Applications for Board's Review
A. New Application
1. Gail Labatete – CSW
B. Renewal Applications
XIII. Miscellaneous Business
XIV. Executive Session: The Board may vote to meet in executive session to consult with Counsel on pending or anticipated legal matters.
XV. Announcements
A. Next Meeting Date
B. Adjournment of Meeting

MARIANAS VISITORS AUTHORITY

REGULAR BOARD MEETING NOTICE

Pursuant to Public Law 8-41, Section 11, the Marianas Visitors Authority hereby gives notice that a Regular Board of Directors Meeting will be held on Thursday, March 11, 2021 at 9:00 a.m. in MVA's Conference Room, Saipan, MP 96950.

MEETING AGENDA

1) **Preliminary Matters**
a. Call to Order
b. Roll Call
c. Adoption of Agenda
d. Adoption of Minutes
i. Regular Board Meeting – January 21, 2021

2) **Public Comments**

3) **Committee Reports**
a. Fund Status Report
b. Travel Bubble

4) **Old Business**
a. MVA By-Laws
b. MVA Korea Contract Renewal

5) **New Business**
a. FY 2022 Budget Submission
b. Off-Shore Contracts
c. Local Public Relations and Media Services RFP
d. Office Space Lease
e. Scanning System for Research RFP
f. Mandatory COVID-19 Vaccination for MVA Employees

6) **Executive Session**
a. Personnel Update

7) **Miscellaneous/Announcements**

8) **Adjournment**

/s/ Marian Aldan-Pierce
Chairperson, MVA Board of Directors

Nation

‘We can do big things’

WASHINGTON (AP)—Tensions were raw ahead of midnight as Republican leader Mitch McConnell rose in the Senate for the purpose of publicly ridiculing Majority Leader Chuck Schumer over the daylong delay as Democrats argued among themselves over the $1.9 trillion COVID-19 rescue package.

But 12 hours later, it was Schumer, D-N.Y., reveling in the last word, an unabashedly upbeat “help is on the way” to Americans suffering through the pandemic and lockdowns as the Senate prepared to approve the massive package without a single GOP vote.

Senate passage of the sweeping relief bill Saturday puts President Joe Biden’s top priority closer to becoming law, poised to unleash billion for vaccines, $1,400 direct payments and other aid, and shows Schumer, in his first big test as majority leader, can unify the ever-so-slim Democratic majority and deliver the votes.

“Lessons learned: If we have unity, we can do big things,” Schumer told The Associated Press in an interview after the vote.

The outcome “gives us optimism about doing more big things in the future—because it worked,” he said.

Stewardship of the massive pandemic relief package was an inaugural foray of the new power dynamics of Washington, testing Democratic control of the White House and Congress for the first time in a decade, and setting the foundation for what’s possible for Biden’s agenda.

AP

In this image from video, the vote total of 50-49 on Senate passage of the COVID-19 relief bill, is displayed on screen in the Senate at the U.S. Capitol in Washington, Saturday, March 6, 2021.

» Schumer says as Senate approves aid

So much of Biden’s success or failure depends on the Senate, where Democrats are in command of an evenly split chamber, 50-50, a majority so delicate that any one senator can upend the legislative agenda. While Vice President Kamala Harris is able to break tie votes, Schumer has zero slack if Republicans are opposed, voting lockstep as they did Saturday against the virus aid as bloated and unnecessary. One key centrist, Sen. Joe Manchin, D-W.Va., wavered over an unemployment provision, throwing the proceedings into chaos before a grueling all-night session.

Biden has been telling senators privately their vote on pandemic aid will build momentum for the next priorities. An ambitious infrastructure package is emerging, part of his “Build Back Better” campaign agenda, to bring roads, broadband and green-energy projects nationwide. He and Schumer spoke often as the Senate leader steered the pandemic aid to approval. It’s now headed back to the House for a final vote, as soon as Monday.

OPEN SPACES, NO PHARMACIES:
Rural US confronts vaccine void

SURRY, Va. (AP)—When Charlome Pierce searched where her 96-year-old father could get a COVID-19 vaccine in January, she found zero options anywhere near their home in Virginia. The lone medical clinic in Surry County had none, and the last pharmacy in an area with roughly 6,500 residents and more land mass than Chicago closed years ago.

To get their shots, some residents took a ferry across the sprawling James River to cities such as Williamsburg. Others drove more than an hour past farms and woodlands - the county got its first stoplight in 2007 - to reach a medical facility offering the vaccine.

At one point, Pierce heard about a state-run vaccination event 45 minutes away, No more appointments were available, which perhaps was for the best: the wait there reportedly could last up to seven hours.

“That would have been a daunting task,” she said, citing her father’s health conditions and frequent need to use the bathroom. “I could not have had him sit in a car and wait for something that might happen. We’re not in a Third World country.”

As the nation’s campaign against the coronavirus moves from mass inoculation sites to drugstores and doctors’ offices, getting vaccinated remains a challenge for residents of “pharmacy deserts,” communities without pharmacies or well-equipped health clinics. To improve access,” the federal government has partnered with 21 companies that run free-standing pharmacies or pharmacy services inside grocery stores and other locations.

More than 40,000 stores are expected to take part, and the Biden administration has said that nearly 90% of Americans live within five miles of one, from Hy-Vee and Walmart to Costco and Rite-Aid.

But there are gaps in the map: More than 400 rural counties with a combined population of nearly 2.5 million people lack a retail pharmacy that’s included in the partnership. More than 100 of those counties either have no pharmacy or have a pharmacy that historically did not offer services such as flu shots, and possibly lacks the equipment or certified staff to vaccinate customers.

Independent pharmacies that have traditionally served rural areas have been disappearing, casualties of mail-order prescriptions and more competition from chains like Walgreen’s and CVS with greater power to negotiate with insurance companies, according to Keith Mueller, director of the University of Iowa’s RUPRI Center for Rural Health Policy Analysis.

“There are a lot of counties that would be left out” of the Federal Retail Pharmacy Program, said Mueller, whose research center compiled the pharmacy data on the 400 counties. “In the Western states in particular, you have a vast geography and very few people.”

World

Europe staggers as infectious variants power surge of virus

MILAN (AP)—The virus swept through a nursery school and an adjacent elementary school in the Milan suburb of Bollate with amazing speed. In a matter of just days, 45 children and 14 staff members had tested positive.

Genetic analysis confirmed what officials already suspected: The highly contagious coronavirus variant first identified in England was racing through the community, a densely packed city of nearly 40,000 with a chemical plant and a Pirelli bicycle tire factory a 15-minute drive from the heart of Milan.

“This demonstrates that the virus has a sort of intelligence. ... We can put up all the barriers in the world and imagine that they work, but in the end, it adapts and penetrates them,” lamented Bollate Mayor Francesco Vassallo.

Bollate was the first city in Lombardy, the northern region that has been the epicenter in each of Italy’s three surges, to be sealed off from neighbors because of virus variants that the World Health Organization says are powering another uptick in infections across Europe. The variants also include versions first identified in South Africa and Brazil.

Europe recorded 1 million new COVID-19 cases last week, an increase of 9% from the previous week and a reversal that ended a six-week decline in new infections, WHO said Thursday.

“The spread of the variants is driving the increase, but not only,” said Dr. Hans Kluge, WHO regional director for Europe, citing “also the opening of society, when it is not done in a safe and a controlled manner.”

The variant first found in the U.K. is spreading significantly in 27 European countries monitored by WHO and is dominant in at least 10 countries: Britain, Denmark, Italy, Ireland, Germany, France, the Netherlands, Israel, Spain and Portugal.

It is up to 50% more transmissible than the virus that surged last spring and again in the fall, making it more adept at thwarting measures that were previously effective, WHO experts warned. Scientists have concluded that it is also more deadly.

“That is why health systems are struggling more now,” Kluge said. “It really is at a tipping point. We have to hold the fort and be very vigilant.”

In Lombardy, which bore the brunt of Italy’s spring surge, intensive care wards are again filling up, with more than two-thirds of new positive tests being the UK variant, health officials said.

After putting two provinces and some 50 towns on a modified lockdown, Lombardy’s regional governor announced tightened restrictions Friday and closed classrooms for all ages. Cases in Milan schools alone surged 33% in a week, the provincial health system’s chief said.

The situation is dire in the Czech Republic, which this week registered a record-breaking total of nearly 8,500 patients hospitalized with COVID-19. Poland is opening temporary hospitals and imposing a partial lockdown as the U.K. variant has grown from 10% of all infections in February to 25% now.

Two patients from hard-hit Slovakia were expected to arrive Saturday for treatment in Germany, where authorities said they had offered to take in 10 patients.

Escalating violence ups pressure for Myanmar sanctions

BANGKOK (AP)—The escalation of violence in Myanmar as authorities crack down on protests against the Feb. 1 coup is raising pressure for more sanctions against the junta, even as countries struggle over how to best sway military leaders inured to global condemnation.

The challenge is made doubly difficult by fears of harming ordinary citizens who were already suffering from an economic slump worsened by the pandemic but are braving risks of arrest and injury to voice outrage over the military takeover. Still, activists and experts say there are ways to ramp up pressure on the regime, especially by cutting off sources of funding and access to the tools of repression.

The U.N. special envoy on Friday urged the Security Council to act to quell junta violence that this week killed about 50 demonstrators and injured scores more.

“There is an urgency for collective action,” Christine Schraner Burgener told the meeting. “How much more can we allow the Myanmar military to get away with?”

Coordinated U.N. action is difficult, however, since permanent Security Council members China and Russia would almost certainly veto it. Myanmar’s neighbors, its biggest trading partners and sources of investment, are likewise reluctant to resort to sanctions.

Some piecemeal actions have already been taken. The U.S., Britain and Canada have tightened various restrictions on Myanmar’s army, their family members and other top leaders of the junta. The U.S. blocked an attempt by the military to access more than $1 billion in Myanmar central bank funds being held in the U.S., the State Department confirmed Friday.

But most economic interests of the military remain “largely unchallenged,” Thomas Andrews, the U.N. special rapporteur on the rights situation in Myanmar, said in a report issued last week. Some governments have halted aid and the World Bank said it suspended funding and was reviewing its programs.

It’s unclear whether the sanctions imposed so far, although symbolically important, will have much ímpact. Schraner Burgener told U.N. correspondents that the army shrugged off a warning of possible “huge strong measures” against the coup with the reply that, “‘We are used to sanctions and we survived those sanctions in the past.’”

Andrews and other experts and human rights activists are calling for a ban on dealings with the many Myanmar companies associated with the military and an embargo on arms and technology, products and services that can be used by the authorities for surveillance and violence.

The activist group Justice for Myanmar issued a list of dozens of foreign companies that it says have supplied such potential tools of repression to the government, which is now entirely under military control.

Health & Wellness

This advertorial is sponsored by Tan Holdings HEALTH IS WEALTH Tan Siu Lin Foundation

DREAMSTIME/TNS

A new fad diet includes consuming no water or liquids of any kind for many hours or days at a time, which is dangerous.

MAYO CLINIC Q AND A

Long-term **benefits** and **risks** of **intermittent fasting** aren't yet known

DEAR MAYO CLINIC: Is intermittent fasting for weight loss safe? What are the risks of short-term diets that are very low-calorie?

ANSWER: Recent research has found that using intermittent fasting for weight loss may have some benefits in the short term. But at this point, the long-term effects of this type of diet or other diets that severely restrict calories are not known. To lose weight and keep it off, the best strategy is to adopt healthy eating and exercise habits that you enjoy so you can stick with them over time.

Intermittent fasting currently is a popular trend in dieting. There are several fasting methods people employ for weight loss. Some dieters decrease the amount of time they eat each day to, for example, only six hours in a 24-hour period. Others fast every other day. Another approach is called the 5:2 diet, which involves gradually decreasing daily calories to the point that you're only consuming 500 calories a day for two days each week.

A recently published article assessed a variety of research on intermittent fasting. It found that there are some benefits, at least in the short term, to fasting as opposed to just decreasing calories overall. It appears that fasting for a short time can produce ketosis—a process that occurs when the body doesn't have enough sugar for energy, so it breaks down stored fat instead, causing an increase in substances called ketones.

Fasting also affects metabolic processes in the body. These processes trigger a number of responses, including decreased inflammation, improved blood sugar regulation and better response to physical stress. The research shows intermittent fasting could have other health benefits, as well, but more study is needed.

It is crucial to note, however, that little long-term research has been done on intermittent fasting to examine how it affects people over time. So at this point, it's unclear if there are any long-term health benefits or risks related to this diet technique. We do know that there are risks involved with certain types of intermittent fasting.

For example, a technique called dry fasting that includes restricting fluid intake as well as food intake is dangerous because it can cause severe dehydration and pose serious health concerns. And if you take caloric restriction too far, that can lead to malnutrition. As you consider weight loss and diets, keep in mind that no one approach works for everyone. But there are some basic principles that you should follow as you decide how to best achieve and maintain a healthy weight.

At its core, your diet should support your health overall. There are a variety of diets that can do that, including the Mediterranean diet; the vegetarian diet; the Dietary Approaches to Stop Hypertension, or DASH diet; and the Mayo Clinic diet. All of these diets have similarities that are greater than their differences. They are based on real food and focus mainly on plant products, such as fruits, vegetables, beans, nuts, whole grains, and healthy fats like olive oil.

In addition, as you incorporate a new diet into your life, it needs to be practical, so that you can sustain it over time. If it is drudgery, or if you feel like you're suffering, it won't work in the long run. Eventually, you're likely to slide back into old habits. If you're considering a new approach to your diet—especially if it's something that could be risky if you don't do it correctly, like intermittent fasting—talk to your health care provider first for guidance on how you can manage it in a healthy way. Keep in mind, too, that choosing to adopt healthy lifestyle choices can and should be an enjoyable way to live. ***(Mayo Clinic News Network/TNS)***

Dr. Donald Hensrud, General Internal Medicine and Endocrinology, Mayo Clinic, Rochester, Minnesota

Consumer health: **What are the health benefits of juicing?**

Juicing is not any healthier than eating whole fruits and vegetables.

Juicing extracts the juice from fresh fruits or vegetables. The resulting liquid contains most of the vitamins, minerals and plant chemicals (phytonutrients) found in the whole fruit. However, whole fruits and vegetables also have healthy fiber, which is lost during most juicing.

Some juicing proponents say that juicing is better for you than is eating whole fruits and vegetables because your body can absorb the nutrients better and it gives your digestive system a rest from working on fiber. They say that juicing can reduce your risk of cancer, boost your immune system, help remove toxins from your body, aid digestion and help you lose weight.

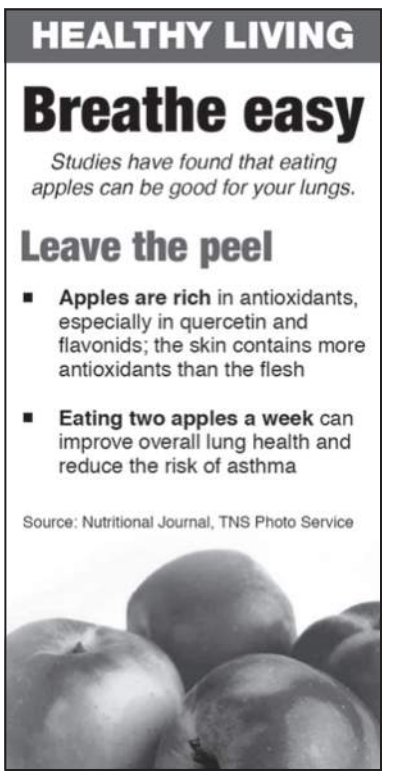
However, there's no sound scientific evidence that extracted juices are healthier than the juice you get by eating the fruit or vegetable itself.

On the other hand, if you don't enjoy eating fresh fruits and vegetables, juicing may be a fun way to add them to your diet or to try fruits and vegetables you normally wouldn't eat. You can find many juicing recipes online or mix up your own combinations of fruits and vegetables to suit your taste.

You might also consider blending instead of juicing. Blending the edible parts of fruits produces a drink that contains more healthy phytonutrients and fiber. And fiber can help you feel full.

If you do try juicing, make only as much juice as you can drink at one time because fresh squeezed juice can quickly develop harmful bacteria. If you buy commercially produced fresh juice, select a pasteurized product.

Also keep in mind that juices may contain more sugar than you realize, and if you aren't careful, these extra calories can lead to weight gain. ***(Mayo Clinic News Network/TNS)***


HEALTHY LIVING
Breathe easy
Studies have found that eating apples can be good for your lungs.
Leave the peel
Apples are rich in antioxidants, especially in quercetin and flavonids; the skin contains more antioxidants than the flesh
Eating two apples a week can improve overall lung health and reduce the risk of asthma
Source: Nutritional Journal, TNS Photo Service

Life & Style

Harry, Meghan to delve into tough royal split with Oprah

LOS ANGELES (AP)—The time has finally come for audiences to hear Meghan and Harry describe the backstory and effects of their tumultuous split from royal life.

Sunday night's airing of a two-hour special hosted by Oprah Winfrey will provide the first, and unprecedented, peek into the couple's departure from royal duties and the strains it has placed on them.

How it's received is likely to depend on which side of the Atlantic Ocean viewers are on.

The show, which includes Winfrey's interviews with Meghan and Harry, will air first in the United States—Meghan's home country—at 8 p.m. Eastern. Hours earlier, Harry's grandmother, Queen Elizabeth II, will deliver a royal address before Commonwealth Day.

British audiences will wake up Monday to headlines and social media posts about Winfrey's special, but won't be able to see the full interview until Monday night when it airs on ITV.

Royal interviews that aren't tied to a specific topic are rare, and prior televised sessions have often proved problematic. Prince Andrew's 2019 BBC interview about his links with convicted sex offender Jeffrey Epstein led to his own departure from royal duties after he failed to show empathy for Epstein's victims.

Harry and Meghan's departure from royal duties began in March 2020 over what they described as the intrusions and racist attitudes of the British media toward the duchess, who is biracial.

AP

This image provided by Harpo Productions shows Prince Harry, left, and Meghan, Duchess of Sussex, in conversation with Oprah Winfrey.

Clips released ahead of the airings suggest that at least Meghan will have some pointed criticisms of royal life. In one she describes the royal family as "the firm," a nickname that is sometimes used affectionately and sometimes critically.

At one point, Winfrey asked Meghan how she felt about Buckingham Palace "hearing you speak your truth today?"

"I don't know how they could expect that after all of this time we would still just be silent if there was an active role that the firm is playing in perpetuating falsehoods about us," she said. "And if that comes with risk of losing things, I mean, there's been a lot that's been lost already."

In another clip, Harry invoked the memory of his late mother, Princess Diana, who had to find her way alone after her divorce from Prince Charles.

"I'm just really relieved and happy to be sitting here talking to you with my wife by my side, because I can't begin to imagine what it must have been like for her going through this process by herself all those years ago," Harry said, adding, "because it's been unbelievably tough for the two of us."

In Britain, the interview is seen as poorly timed. It will air while Harry's grandfather Prince Philip remains hospitalized after undergoing a heart procedure.

Meghan is shown in a clip released Friday contrasting the conversation the two women were able to have now versus in 2018 ahead of her wedding. Meghan described not being able to talk to Winfrey, who was seeking an interview, without royal minders present.

"As an adult who lived a really independent life to then go into this construct that is um.. different than I think what people imagine it to be, it's really liberating to be able to have the right and the privilege in some ways to be able to say yes," Meghan told Winfrey.

6 Dr. Seuss books won't be published for racist images

BOSTON (AP)—Six Dr. Seuss books—including "And to Think That I Saw It on Mulberry Street" and "If I Ran the Zoo"—will stop being published because of racist and insensitive imagery, the business that preserves and protects the author's legacy said Tuesday.

"These books portray people in ways that are hurtful and wrong," Dr. Seuss Enterprises told The Associated Press in a statement that coincided with the late author and illustrator's birthday.

"Ceasing sales of these books is only part of our commitment and our broader plan to ensure Dr. Seuss Enterprises' catalog represents and supports all communities and families," it said.

The other books affected are "McElligot's Pool," "On Beyond Zebra!," "Scrambled Eggs Super!," and "The Cat's Quizzer."

The decision to cease publication and sales of the books was made last year after months of discussion, the company, which was founded by Seuss' family, told AP.

"Dr. Seuss Enterprises listened and took feedback from our audiences including teachers, academics and specialists in the field as part of our review process. We then worked with a panel of experts, including educators, to review our catalog of titles," it said.

In "And to Think That I Saw It on Mulberry Street," an Asian person is portrayed wearing a conical hat, holding chopsticks, and eating from a bowl. "If I Ran the Zoo" includes a drawing of two bare-footed African men wearing what appear to be grass skirts with their hair tied above their heads.

Books by Dr. Seuss—born Theodor Seuss Geisel in Springfield, Massachusetts, on March 2, 1904 —- have been translated into dozens of languages as well as in braille and are sold in more than 100 countries. He died in 1991.

He remains popular, earning an estimated $33 million before taxes in 2020, up from just $9.5 million five years ago, the company said. Forbes listed him No. 2 on its highest-paid dead celebrities of 2020, behind only the late pop star Michael Jackson. Within hours of Tuesday's announcement, Dr. Seuss books filled more than half of the top 20 slots on Amazon.com's bestseller list. "Mulberry Street" and "If I Ran the Zoo" were on the list, along with "Oh, the Places You'll Go!", "Green Eggs and Ham" and others still being published.

Random House Children Books, Dr. Seuss' publisher, issued a brief statement Tuesday: "We respect the decision of Dr. Seuss Enterprises (DSE) and the work of the panel that reviewed this content last year, and their recommendation."

Dr. Seuss is adored by millions around the world for the positive values in many of his works, including environmentalism and tolerance, but criticism has grown in recent years over the way Blacks, Asians and others are drawn in some of his most beloved children's books, as well as in his earlier advertising and propaganda illustrations.

Amanda Gorman says she was racially profiled near her home

NEW YORK (AP)—Amanda Gorman, the 22-year-old poet who captured hearts at the inauguration of President Joe Biden, posted to social media that she was followed home by a security guard who demanded to know where she lived because she "looked suspicious."

"I showed my keys & buzzed myself into my building," she tweeted of the incident Friday night. "He left, no apology. This is the reality of black girls: One day you're called an icon, the next day, a threat."

Gorman, the nation's youngest inaugural poet, lives in Los Angeles but did not specify where the encounter occurred. Her spokeswoman did not immediately return an email Saturday seeking additional comment.

The post was met with thousands of messages of support on Twitter and Instagram. She followed up her post with a second comment that said:

"In a sense, he was right. I AM A THREAT: a threat to injustice, to inequality, to ignorance. Anyone who speaks the truth and walks with hope is an obvious and fatal danger to the powers that be. A threat and proud."

Gorman became an instant sensation Jan. 20 when she recited her poem, "The Hill We Climb," at Biden's swearing-in.

Playful name-calling isn't fun anymore for boyfriend

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

DEAR ABBY: My girlfriend and I call each other horrible, disparaging names as a form of "love." Recently, I asked her to stop calling me names like that because it was fun at first, but now not so much. For me, it was just too negative.

I love her, and I want to show it by my actions. I want us to be a positive couple. I now call her "Bebe." Well, she got mad and accused me of not letting her be herself. Am I wrong for asking her not to call me ugly, gender-based names? I know she loves me, and I just want her to tone down the name-calling. Is that too much to ask?

NO DUMB-A** IN CALIFORNIA

DEAR NO D-A: No, it is not too much to ask. Jokes can get old and stale, and the name-calling stopped being cute or fun for you a while ago. People who love each other are sensitive to the other person's feelings and don't do what your girlfriend is doing. If she persists, it may be time to step back and reevaluate this relationship because her "just being herself" WILL become a turnoff.

DEAR ABBY: My husband of 34 years has really bad table manners. He smacks when he chews, makes gulping noises when he drinks liquids and stuffs huge amounts of food in his mouth. He once swallowed a whole hard-boiled egg all at once and almost choked. It's gross.

I love him, but his lack of manners is embarrassing, especially when we are invited out or are over at a friend's house. What can I do?

ROLLING MY EYES IN TENNESSEE

DEAR ROLLING: Have you talked to him about this? If you have, sometimes a picture is worth a thousand words. Hand him a mirror or record a video of him eating so he can see for himself how unappealing he looks when he does this. If that doesn't persuade him to slow down and take smaller bites, consider putting less food on his plate before serving it. I can't guarantee this will work, but it's worth a try.

P.S. A whole egg? OUCH!

DEAR ABBY: After recently having gone through a divorce, my brother has now decided to start a family. He claims he loves her, but I'm afraid she's taking advantage of him. They are both in their mid-30s and blinded by lust. They plan on marrying "maybe a year from now."

I don't know what to think. On the one hand, I'm happy he has moved on and found a new life. On the other hand, I'm afraid for him, knowing he's vulnerable. How do I cope?

BEWILDERED SIS IN VERMONT

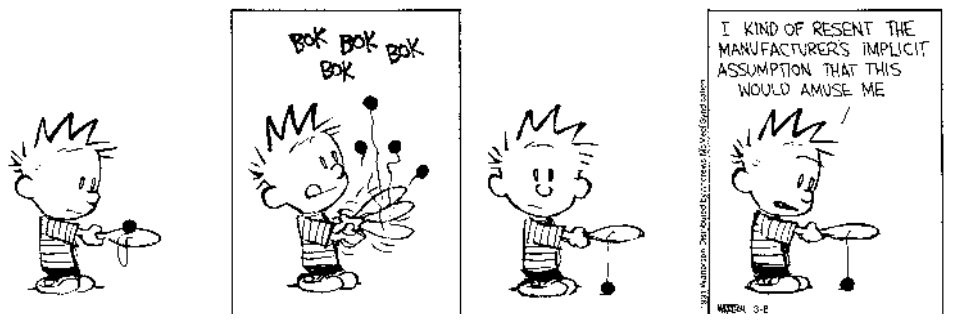
DEAR SIS: Your brother is talking about getting married a year from now. Unless he's putting the cart before the horse by starting a family before the wedding, he seems to be handling things quite well and not rushing into a commitment he can't get out of. Calm yourself. Let this play out and get to know his girlfriend. If you do, you may find you like her.

Abby shares more than 100 of her favorite recipes in two booklets: "Abby's Favorite Recipes" and "More Favorite Recipes by Dear Abby." Send your name and mailing address, plus check or money order for $16 (U.S. funds) to: Dear Abby, Cookbooklet Set, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

Calvin and Hobbes

By Bill Waterson



Garfield®

By Jim Davis

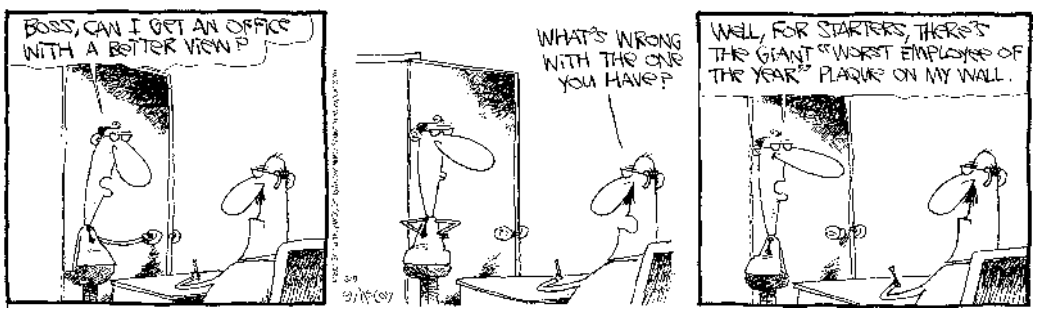
Adam@home

By Bryan Basset

DID YOU GET A BUYER ON THAT THING YET?
MY COFFEE-MAKER?
NO, I'VE SENT SOME LETTERS, BUT NOTHING YET.
ARE YOU STILL WORRIED ABOUT COFFEE SPIES STEALING THE PLANS?
NO, SON. EVEN YOUR POPS CAN ADMIT WHEN HE'S JUST BEING PARANOID.
3-8

The Duplex

By Glenn McCoy


BOSS, CAN I GET AN OFFICE WITH A BETTER VIEW?
WHAT'S WRONG WITH THE ONE YOU HAVE?
WELL, FOR STARTERS, THERE'S THE GIANT "WORST EMPLOYEE OF THE YEAR" PLAQUE ON MY WALL.

CROSSWORD

By Eugene Sheffer

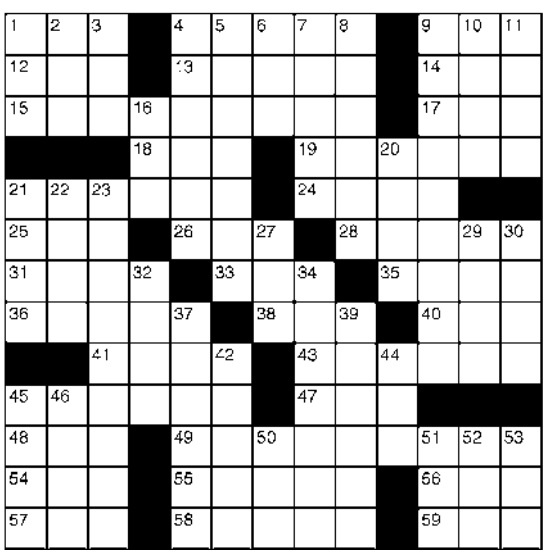
ACROSS
1 Talk on and on
4 Compete in a bee
9 Pro Bowl stats
12 Martian mover
13 Quarrel
14 Like sashimi
15 Octagonal warnings
17 Italian article
18 Enzyme suffix
19 Refuse receptacle
21 Supermarket sections
24 Castle
25 Rockies hrs.
26 NASCAR advertiser
28 Egg holders
31 Sleep like —
33 R-V link
35 Doc's "Now!"
36 Drink eagerly
38 Mornings (Abbr.)
40 Mine yield
41 Villain's blemish
43 Eye slyly
45 Source of gum arabic
47 Hoosier St.
48 Long. crosser
49 Diamond position
54 Curved line
55 Lawn trimmer
56 Colorful card game
57 Ultimate
58 Run-down
59 Jury enclosure

DOWN
1 Gloomy guy
2 Sternward
3 Ghostly greeting
4 Mouths off to
5 Clergymen
6 Ovum
7 Moon-related
8 Textbook chapter
9 Highway meal locale
10 Comic Carvey
11 Cygnet's parent
16 Bud
20 Tackles weeds
21 Lawyer Clooney
22 Madonna's "La — Bonita"
23 Track timer
27 School org.
29 Skater Lipinski
30 Editor's "keep it"
32 Avocado dip, for short
34 Officiated at Yankee Stadium
37 Spectrum creators
39 Gate tender
42 Western resort lake
44 Mag. staff
45 Country singer Jackson
46 Shopper's aid
50 Have bills
51 Vat
52 Yoko from Tokyo
53 Curse

Solution time: 26 mins.

D	N	A	■	M	A	E	■	W	R	I	S	T
R	E	M	■	O	T	C	■	H	O	S	E	A
O	J	I	■	P	H	O	T	O	B	O	M	B
O	R	G	■	S	O	N	I	A	■	■	■	■
I	O	A	F	■	M	O	D	■	O	A	H	U
■	■	■	R	A	E	■	E	A	G	L	E	S
A	C	R	E	S	■	■	■	L	L	A	M	A
S	P	O	U	S	E	■	S	T	E	■	■	■
H	A	N	D	■	T	A	T	■	D	R	A	B
■	■	■	S	C	R	A	P	■	U	N	E	■
B	O	M	B	S	H	E	L	L	■	L	I	B
O	N	S	E	T	■	A	L	E	■	E	M	O
D	E	G	A	S	■	S	S	A	■	S	A	P

Last Friday's Answer 03/08



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: James Van Der Beek, 44; Freddie Prinze Jr., 45; Camryn Manheim, 60; Barbara Eve Harris, 62.

Happy Birthday: Build solid relationships with like-minded people this year. Consider your assets and liabilities, and tip the scale in favor of what's advantageous. Don't waste energy on people and pastimes that weigh you down instead of building you up. Personal improvement will promote a positive attitude and greater productivity. Make peace, love and romance priorities. Your numbers are 6, 13, 20, 27, 31, 39, 42.

ARIES *(March 21-April 19):* Have your questions and answers ready. Take a leadership position using intelligence, patience and understanding to map out the best way to get things done on time, and new opportunities will unfold. Be productive, disciplined and consistent. ✪✪

TAURUS *(April 20-May 20):* Know what you are up against before you take action. An encounter with someone who doesn't share your ideologies will test your patience and knowledge. Do your best to keep the peace and to be mindful of others. ✪✪✪✪✪

GEMINI *(May 21-June 20):* Get the facts, prepare your defense and don't believe everything you hear. It's important to reserve judgment but, at the same time, refuse to be gullible. Someone you least expect will disappoint you. Channel your energy into educational pursuits and professional gains. ✪✪✪

CANCER *(June 21-July 22):* You'll attract informative people. Share your vision, and the input you receive will spark your imagination. A partnership will tempt you, but don't offer to be responsible for a financial expense unless it's split in half. Romance is in the stars. ✪✪✪

LEO *(July 23-Aug. 22):* Indecisiveness will weigh heavily on your mind. Distance yourself from unpredictable individuals. Put your time and energy into something you believe in or that will bring you closer to someone you want to get to know better. ✪✪✪

VIRGO *(Aug. 23-Sept. 22):* It's up to you to bring about positive change. If you wait for someone else to make the first move, you won't accomplish what you set out to do. Look for alternative solutions, and you'll gain respect. Romance and self-improvements are favored. ✪✪✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Think before you act. If you let your emotions lead the way, you'll end up on the defensive. Physical fitness, personal growth and educational pursuits will help you gain confidence. Push for what you want, and you'll get positive results. ✪✪

SCORPIO *(Oct. 23-Nov. 21):* Accept the inevitable. Stirring up trouble will deter you from reaching your goal. Be open to suggestions, but don't lose sight of your plan. An innovative approach to how you run your home and deal with friends and relatives will pay off. ✪✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Be observant; question anything that appears odd. Use your intelligence to ferret out what's real and what isn't. Don't make a decision based on what someone else does. Look for substantial opportunities. Don't risk your health. ✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Put more thought into what you want to do next. A professional move or lifestyle change will tempt you. Follow your heart, and pay attention to those who bring out the best in you. Home improvement projects are favored. ✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Put more time and thought into something that interests you. Educational pursuits will encourage you to use your skills doing something that satisfies. Don't let what someone says deter you from doing your own thing. ✪✪✪

PISCES *(Feb. 19-March 20):* Look for an outlet that dissipates pent-up energy. Blow off steam in a healthy way, and pursue your goals. Don't let what others do distract or lead you astray. Update your look, and compliments will follow. ✪✪✪✪

Birthday Baby: You are gentle, kind and helpful. You are creative and ambitious.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku *By Dave Green*

			4	9				
6						9	1	8
	5				2			4
	2	6	9	8		5		
9		4				8		6
		8		2	7	3	4	
8			4				6	
4	9	5						3
			3	5				

Difficulty Level ★ 3/08

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

3	4	5	6	9	8	7	1	2
1	6	8	7	2	4	5	3	9
7	2	9	5	1	3	4	8	6
8	7	3	2	5	9	6	4	1
4	5	2	1	3	6	8	9	7
9	1	6	8	4	7	3	2	5
6	9	7	3	8	2	1	5	4
5	3	4	9	6	1	2	7	8
2	8	1	4	7	5	9	6	3

Difficulty Level ★★★★ 3/08

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WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

THE HUMAN TONGUE Solution: 9 letters

E	S	P	I	C	Y	P	A	P	I	L	L	A	E	A
G	K	L	A	T	O	P	D	I	O	Y	H	T	K	V
N	L	K	L	R	E	I	C	W	E	H	C	E	A	I
U	A	A	E	X	G	B	R	L	E	S	R	L	B	L
Z	S	S	N	E	T	E	I	A	E	A	L	A	X	A
E	I	W	S	D	H	S	L	T	T	A	S	N	N	S
B	T	T	E	T	S	C	S	I	T	E	N	G	Y	U
S	T	H	O	E	E	R	N	E	M	E	C	U	R	L
D	O	M	S	T	T	P	O	I	N	B	R	A	A	A
H	L	U	I	U	A	A	A	T	E	E	A	G	H	R
C	G	B	R	T	R	B	L	R	P	U	D	E	P	O
E	I	S	C	C	L	B	U	A	C	E	G	U	O	P
E	P	H	H	A	Ⓛ	Ⓘ	Ⓟ	Ⓢ	P	S	C	N	R	M
P	E	E	D	O	O	F	O	R	K	E	D	E	O	E
S	D	E	N	O	I	T	C	U	D	S	N	A	R	T

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Apex, Arched, Base, Bite, Bitter, Blade, Brush, Chew, Clean, Copula, Curl, Digest, Epiglottis, Food, Forked, Glands, Heal, Hyoid, Keratin, Language, Limbs, Lips, Mother, Oropharynx, Palate, Papillae, Patches, Pores, Receptors, Rudeness, Saliva, Salty, Scrape, Sour, Speech, Spicy, Sweet, Talk, Temporal, Tongue in Cheek, Transduction, Vallate, Zunge

Last Friday's Answer: Kitchen

To purchase **WONDERWORD** books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

Silver: NBA may return to normal in '21-22, virus permitting

By TIM REYNOLDS
AP BASKETBALL WRITER

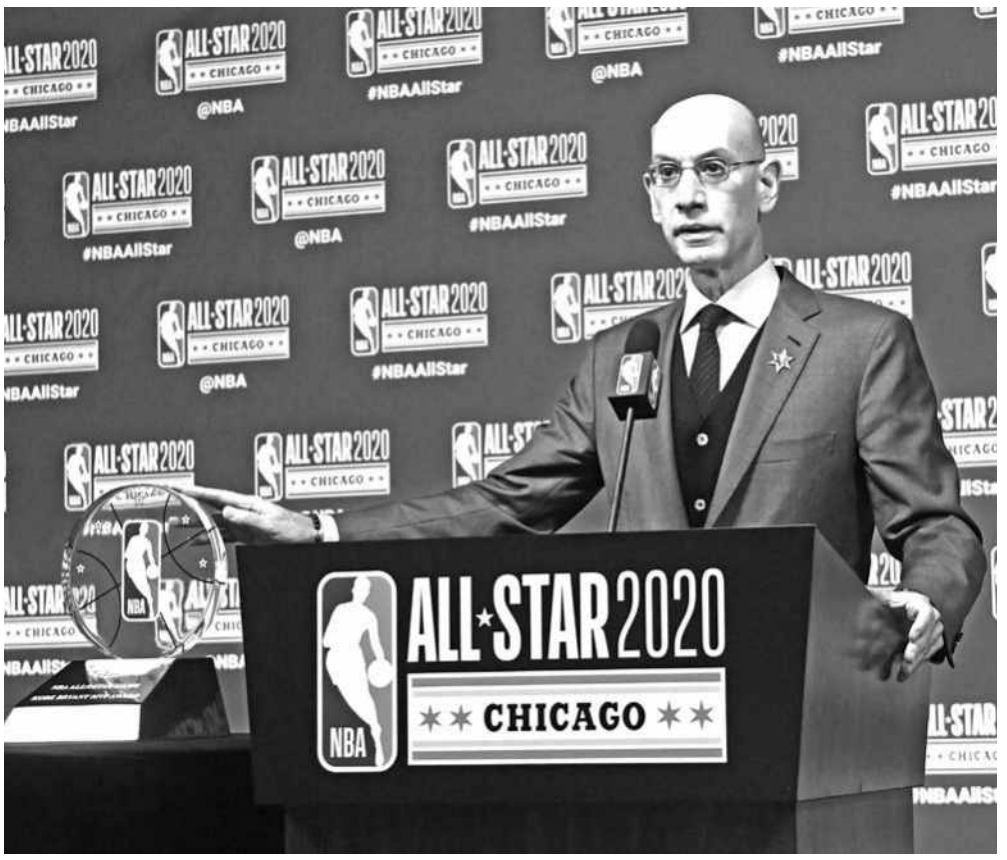
The NBA is expecting arenas to be filled again next season and a return to its normal calendar, Commissioner Adam Silver said Saturday, while cautioning again that every plan is contingent on continued progress in the ongoing fight against the coronavirus.

There are no plans for the league to travel overseas next season for exhibitions or regular-season games, Silver said, meaning recent preseason trips to foreign markets such as China, Japan or India won't be repeated until 2022 at the earliest.

But otherwise, things may largely appear back to normal — with the NBA eyeing a return to the 82-game schedule, starting in October and ending in June.

"I'm fairly optimistic, at this point, that we will be able to start on time," Silver said from Atlanta, in his annual news conference that precedes the All-Star Game. "Roughly half our teams have fans in their arenas right now and, if vaccines continue on the pace they are and they continue to be as effective as they have been against the virus and its variants, we're hopeful that we'll have relatively full arenas next season as well."

The league had 171 games canceled last season because of the pandemic — one of the reasons for revenue projections being missed by about $1.5 billion — and this season will be at least 150 games below the usual total, with more significant financial losses certain.



AP

In this Feb. 15, 2020, file photo, NBA Commissioner Adam Silver unveils the NBA All-Star Game Kobe Bryant MVP Award during a news conference in Chicago.

All teams are scheduled to play 72 games instead of the customary 82, with only about half the league admitting any fans and those that have opened their doors doing so for just a small percentage of normal capacity.

"Last season and this season has required a significant investment on the part of the team owners," Silver said. "They accept that. Players will end up taking a reduction in salary this season because they are partners with the league and teams on revenue. League executives, team executives have all taken haircuts on their salary. But I think when we all step back, we all feel very fortunate to be working under these circumstances and my sense is the players feel the same way."

Silver's news conference was virtual this season for the first time, done over Zoom — like virtually all other league business this year — because of the pandemic and the league's protocols for health and safety. A year ago at All-Star weekend in Chicago, about a month before the NBA's decision on March 11, 2020, to suspend the season following the news that Utah's Rudy Gobert tested positive for COVID-19, Silver warned there was "a major national, if not global, health crisis" looming with regard to the virus.

What Silver said might not have sounded many alarms at that time. Less than a month later, the virus began dominating every aspect of life across the globe — and has continued to since.

"One thing we've all come to understand over the last year is that the virus is firmly in charge," Silver said.

Silver addressed many other topics Saturday, including:

COACHING DIVERSITY

Of the NBA's 30 teams, seven have Black coaches, and the Minnesota Timberwolves were criticized by some last month for passing over assistant coach David Vanterpool, who is Black, and hiring Chris Finch to replace Ryan Saunders.

Even the National Basketball Coaches Association said hiring processes need to be more transparent, and said it wants to work with the league on initiatives that will improve future coaching searches. Silver wants those as well, but doesn't want them to simply exist and be hollow.

"I don't want to create a process in which people are checking the boxes, and that someone becomes 'the Black candidate who got interviewed, but didn't get the job, everyone knows that person wasn't really going to get the job, but somebody went through a process to appease the league office or somebody else," Silver said. "It requires real engagement."

COVID VACCINE

Silver said he was not aware of any players who have been vaccinated yet. Some coaches, including San Antonio's Gregg Popovich, have gotten the vaccine.

Silver also said it's not a prerequisite that players get vaccinated in order to achieve the league's goal of having fans back in arenas like normal next season.

"I don't think that every player certainly needs to be vaccinated for fans to come back," Silver said. "I mean, that's not anything that the health authorities have suggested to us."

The league has been working to educate players and teams on the benefits of getting the vaccine when they become eligible and when it becomes more readily available. "My sense is most will ultimately decide that it's in their interest to get vaccinated," Silver said.

ONE-AND-DONE

Silver said he and NBPA Executive Director Michele Roberts have ongoing dialogue about whether to allow players to enter the NBA draft at the age of 18 again and essentially eliminating the so-called one-and-done policy where players in most circumstances need to go to college for a year before turning pro.

Former Secretary of State Condoleezza Rice chaired a commission three years ago that recommended changing the rule, and has had discussions with Roberts and Silver about that topic.

"We both agreed that as part of the process of looking at a new collective bargaining agreement, we should discuss that issue," Silver said.

SUMMER LEAGUE

There are no "concrete plans" to resume summer league later this year in Las Vegas, Silver said. Last year's league was canceled because of the pandemic, and the NBA Finals are scheduled to go until as late as July 22 — around when summer league is usually concluding.

"I think we're going to end up (with) maybe an abbreviated summer league, mini-camps and other opportunities," Silver said. "Everything's on the table now."

NBA All-Star 2021: The game no one seemed to want

ATLANTA (AP) — It's the NBA All-Star Game almost no one seemed to want.

Certainly not the players, who scoffed at the notion of playing an exhibition game in the midst of a pandemic.

The city of Atlanta, picked as a replacement for original host Indianapolis, didn't seem so thrilled with the idea, either.

The mayor urged fans to stay away from an event renowned for wild parties and packed streets. Police scheduled 12-hour shifts and canceled off days in an attempt to crack down on any events that could lead to a surge of COVID-19 cases.

But the league pressed forward, eager to improve its bottom line and its brand by televising the popular midseason showcase around the world.

The NBA's best will take the court Sunday in a one-night-only, hastily arranged event at mostly empty State Farm Arena, where only a limited number of invited guests will be allowed to watch in person.

"All-Star is part of our league. It's no different than all the other games we play," Commissioner Adam Silver said. "It begins and ends with the fans. This is an event the fans love to see. They love to see the players come together.

"But," he quickly added, "nothing comes without controversy in a pandemic."

The league's biggest stars, led by LeBron James, would have preferred getting some much-needed time off during the six-day break.

James even went so far as to call it "a slap in the face" to players who had little time to recover from last year's interrupted season, which was completed in a central Florida bubble, and are still dealing with burdensome protocols intended to stifle the coronavirus as much as possible (but still weren't enough to prevent the postponement of 31 games in the first half).

Now that it's game on, James is trying to make the best of the situation, using the All-Star platform to carry on with his efforts to expand voting rights — a fitting gesture with the game being held in a state that was one of the focal points of the 2020 election.

"Look what we made happen, what our voices made possible," the Los Angeles Lakers star says in a 51-second ad that was set to air for the first time during the game. "And now, look what they're trying to do to silence us, using every trick in the book and attacking democracy itself. Because they saw what we're capable of, and they fear it."

Some things to watch for in Sunday's All-Star Game:

TEAM LEBRON VS. TEAM DURANT

This will be the fourth straight year to feature a format where the two top vote-getters served as captains and drafted their teams from the All-Star selections.

James has handled the duties all four times, going 3-0 in his previous stints — including last year's 157-155 thriller in Chicago. Brooklyn's Kevin Durant got the nod for the first time, though he won't be able to play in the game because of an ailing hamstring.

James used the top draft pick on two-time reigning MVP Giannis Antetokounmpo, who captained the squad that went against Team LeBron the last two years. They are joined in the starting lineup by Stephen Curry of Golden State, Luka Doncic of Dallas and Nikola Jokic of Denver.

Durant selected Nets teammate Kyrie Irving with his first choice, rounding out the starting lineup with Joel Embiid of the 76ers, 2020 All-Star MVP Kawhi Leonard of the Los Angeles Clippers, Bradley Beal of Washington and Jayson Tatum of the Celtics.

"I just try to pick players that can complement one another," James said. "It's the All-Star Game, so there's going to be some shenanigans out there. But for the majority of the game, we're going to try to play the right way and come out with a win."

MAD SKILLZ

With only one night to get in all the events, two competitions will be held shortly before the All-Star Game tipoff.

The Skills Challenge, a test of ball-handling, passing and shooting ability, will feature Doncic, Portland's Robert Covington, Chris Paul of the Suns, Julius Randle of the Knicks, Indiana's Domantas Sabonis, and Nikola Vucevic of the Magic.

Taking part in the 3-point shooting contest are Curry, Tatum, Boston's Jaylen Brown, Zach LaVine of the Bulls, and a pair of Utah guards, Donovan Mitchell and Mike Conley.

Conley was a replacement for Phoenix star Devin Booker, who can't participate because of an injury.

HIGH FLYERS

The Slam Dunk showdown will take place at halftime between Portland's Anfernee Simons and a pair of rookies: New York's Obi Toppin and Indiana's Cassius Stanley.

"I've been watching a lot of dunks the past couple of days," Toppin said. "I'm going to try to do some stuff that hasn't been done yet in the dunk contest."

He got a few tips from his father, who was a well-known streetball player in Brooklyn.

"I talked to him about some of the dunks," Toppin said. "He's basically telling me which ones are a little crazy."

Mariners hope to have unearthed pitching gem in Chris Flexen

By TIM BOOTH
AP SPORTS WRITER

AP
Seattle Mariners starting pitcher Chris Flexen throws against the Chicago White Sox during the second inning of a spring training baseball game Friday, March 5, 2021, in Phoenix.

This past offseason was not going to be the time the Seattle Mariners made a bevy of high-priced moves in free agency. Not with the team focused on getting its young prospects closer to the majors and money tight after a season with no fans in stadiums.

The Mariners had to be clever to bolster some of their needs.

Enter Chris Flexen.

Seattle needed at least one more arm for its pitching rotation and it unearthed Flexen, who after spending the 2020 season pitching in South Korea, was ready for a return to the majors and the chance to restart a career that didn't begin well during his time with the New York Mets.

Flexen signed a $4.75 million, two-year contract with a club option for 2023.

"One thing to keep in mind I think, everybody says, 'ah, he spent some time in Korea.' He is still only 26 years old," Seattle manager Scott Servais said. "I look at it, he fits right into our group. He had success over in Korea. He's looking to get that to translate over here."

Barring a setback during spring training, Flexen is already written into Seattle's six-man pitching rotation that is heavy on left-handers and needs his right-handed arm.

Flexen never found solid ground in the majors during the three seasons he shuffled back and forth between the minors and the Mets. The first major league hitter Flexen faced in his debut —Manuel Margot — took him deep in 2017.

There clearly was talent, but there was never consistency. Which all led to an unsightly 3-11 record and an ERA north of 8.00 in the 27 appearances he made for the Mets between 2017-19.

So it was off to South Korea and an opportunity with the Doosan Bears in the Korean Baseball Organization.

"(He) kind of had a career changing experience last year in Korea and has really figured out who he is and what makes him tick," Seattle pitching coach Pete Woodworth said.

While the majors were shut down due to the COVID-19 pandemic, Flexen was making starts and racking up innings. He started 21 games for Doosan in the regular season with an 8-4 record and a 3.01 ERA. He struck out 132 batters in 116 2/3 innings, and made three starts in the playoffs before Doosan lost to the NC Dinos in the Korean World Series.

Flexen found the feel for an old-fashioned 12-to-6 curveball, to go along with a cutter and change up in his pitching arsenal. He also took his health and conditioning more seriously. When he pitched for the Mets, Flexen was above 250 pounds. Now, he's around 215.

"You look at video from when he was with the Mets, and then you start looking at some video on how he was doing over in Korea, it was two different pitchers," Servais said.

Flexen made his spring training debut on Friday, throwing two innings against the Chicago White Sox and striking out three while giving up one earned run and two hits. It was his first time pitching on American soil since Aug. 31, 2019, with Triple-A Syracuse in the Mets organization.

ROLLERS

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in the second half of the match.

In the first half, Rollers White kept a close tail on Rollers Black, concluding the first half of the match just 2 points behind, 5-7.

Rollers Black secured the win in the second half with 14 points. Estolas helped seal the win by scoring all his 6 points in the final half, while Tibayan contributed 4 points. Pineda and Laxamana each made a basket to ensure the team's win.

Rollers White's David Apatang Jr. carried the team with his 10 points, while Leighton Tomokane and Andrei Tenorio added 2 points apiece.

Rollers Black coach Dave Apatang said both teams showed great promise to make the first game of the best-of-three championship series a great one. Apatang added that although his team won the first match of the series, they will continue to improve before Game 2.

"We were fortunate enough to come out with the first win. Team Black can't get comfortable because Team White has some really talented players. Our plan is to focus on our tough defense and team basketball. Regardless, we are one team and Rollers youth basketball is thriving," he said

The second game of the U11 championship will be held next Saturday, March 13, at the Koblerville Gymnasium.

Rollers Black 21 – Tibayan 7, Estolas 6, Pineda 5, Laxamana 4.

Rollers White 16 – Apatang 10, Tomokane 2, Tenorio 2, Ayuyu 1.

Scoring by halves: 7-5, 21-16.

CELIS

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after placing second in the second series of the race.

Pangelinan lagged behind in the first heat and placed third to earn 20 points. Pangelinan later regained momentum to place first in the second heat gaining 25 points. Pangelinan completed the second series with a score of 45 to bring her overall score to a 92.

Edina Cepeda, who holds the No. 2 spot in the division with her 84 points, placed third in the second series. She took second place in the first heat gaining 22 points, before placing third in the second heat which earned her 20 points.

Rounding up the Top 3 in the Power Puff division is Shaniah Alvarez who holds an overall score of 72. During the second series, Alvarez placed fourth during both heats that gave her 36 more points.

For the Mini 1 division, Devin Yumul is holding on to the pole position after winning first place in both heats of the second round to gain 50 points. Yumul currently holds an overall score of 100.

Following Yumul is Harley Susulin who placed second with an overall score of 86. During the second series. Susulin placed third in the first heat, gaining 20 points then later placed second to gain 22 points.

Completing the Top 3 in the division is Leighton Palacios who holds an overall score of 80.

In the Mini 2 division, Michael Camacho is hanging on to his top seed after starting and finishing the second round as the frontrunner to earn 50 points. Camacho now holds an overall score of 100.

Camacho is followed by Ethan Yumul who holds the No. 2 spot in the division with an overall score of 88. Yumul also placed second in both heats of the second series to earn him 44 points.

Mariana Alvarez completes the Top 3 in the Mini 2 division with her overall score of 80. Alvarez placed third in both heats of the second series to gain her 40 points.

LUCKY

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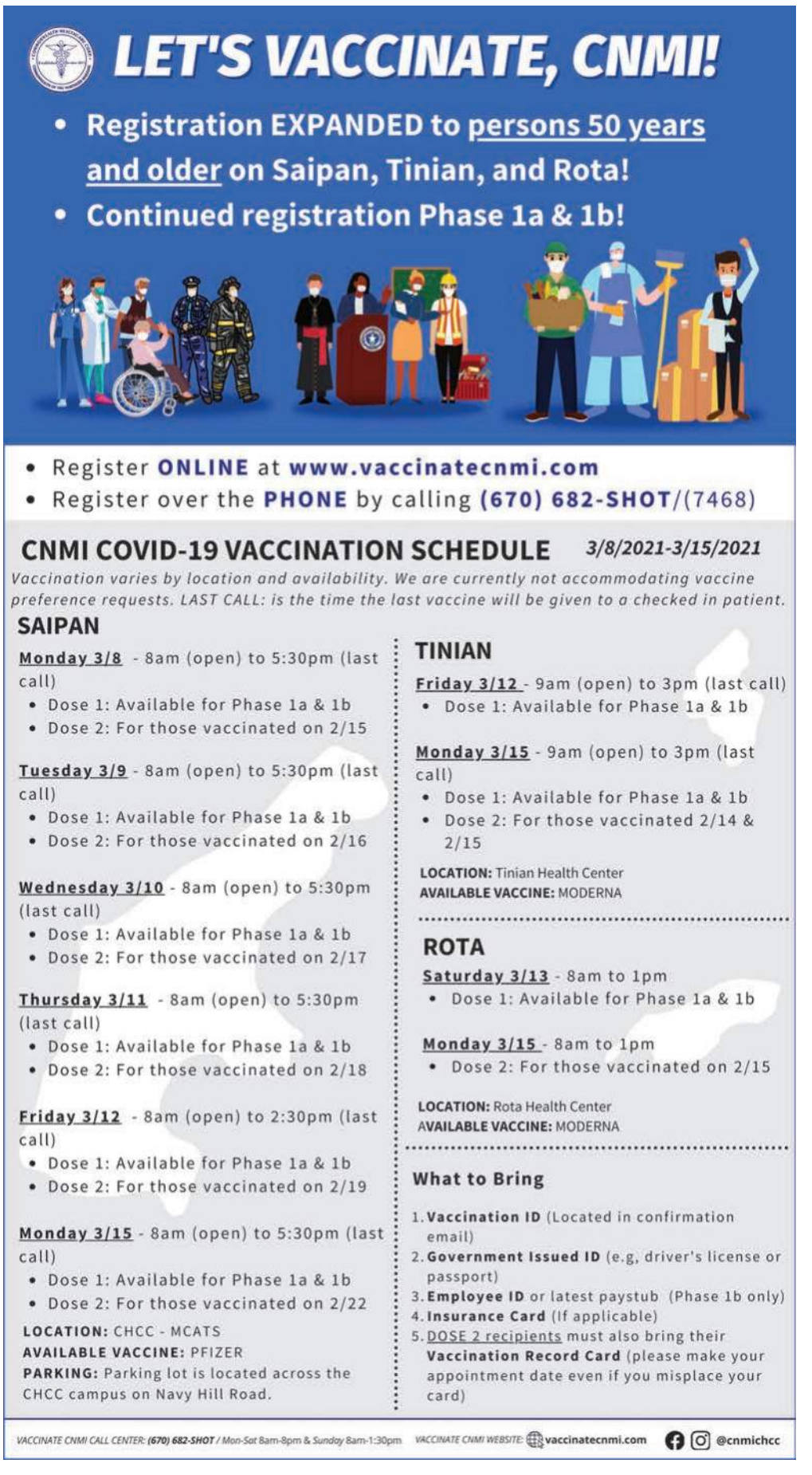
familiar with everything.

"I strongly encourage parents in the community to become more involved in your children and get them to join any of the activities available out there such as ours," said Weaver.

Tasi to Table Youth Fishing Club is an SFA youth program that teaches the islands' youth the art of deep-drop fishing for sustenance living as well as responsible fishing.


LET'S VACCINATE, CNMI!
• Registration EXPANDED to persons 50 years and older on Saipan, Tinian, and Rota!
• Continued registration Phase 1a & 1b!
• Register ONLINE at www.vaccinatecnmi.com
• Register over the PHONE by calling (670) 682-SHOT/(7468)
CNMI COVID-19 VACCINATION SCHEDULE 3/8/2021-3/15/2021
Vaccination varies by location and availability. We are currently not accommodating vaccine preference requests. LAST CALL: is the time the last vaccine will be given to a checked in patient.
SAIPAN
Monday 3/8 - 8am (open) to 5:30pm (last call)
• Dose 1: Available for Phase 1a & 1b
• Dose 2: For those vaccinated on 2/15
Tuesday 3/9 - 8am (open) to 5:30pm (last call)
• Dose 1: Available for Phase 1a & 1b
• Dose 2: For those vaccinated on 2/16
Wednesday 3/10 - 8am (open) to 5:30pm (last call)
• Dose 1: Available for Phase 1a & 1b
• Dose 2: For those vaccinated on 2/17
Thursday 3/11 - 8am (open) to 5:30pm (last call)
• Dose 1: Available for Phase 1a & 1b
• Dose 2: For those vaccinated on 2/18
Friday 3/12 - 8am (open) to 2:30pm (last call)
• Dose 1: Available for Phase 1a & 1b
• Dose 2: For those vaccinated on 2/19
Monday 3/15 - 8am (open) to 5:30pm (last call)
• Dose 1: Available for Phase 1a & 1b
• Dose 2: For those vaccinated on 2/22
LOCATION: CHCC - MCATS
AVAILABLE VACCINE: PFIZER
PARKING: Parking lot is located across the CHCC campus on Navy Hill Road.
TINIAN
Friday 3/12 - 9am (open) to 3pm (last call)
• Dose 1: Available for Phase 1a & 1b
Monday 3/15 - 9am (open) to 3pm (last call)
• Dose 1: Available for Phase 1a & 1b
• Dose 2: For those vaccinated 2/14 & 2/15
LOCATION: Tinian Health Center
AVAILABLE VACCINE: MODERNA
ROTA
Saturday 3/13 - 8am to 1pm
• Dose 1: Available for Phase 1a & 1b
Monday 3/15 - 8am to 1pm
• Dose 2: For those vaccinated on 2/15
LOCATION: Rota Health Center
AVAILABLE VACCINE: MODERNA
What to Bring
1. Vaccination ID (Located in confirmation email)
2. Government Issued ID (e.g, driver's license or passport)
3. Employee ID or latest paystub (Phase 1b only)
4. Insurance Card (If applicable)
5. DOSE 2 recipients must also bring their Vaccination Record Card (please make your appointment date even if you misplace your card)
VACCINATE CNMI CALL CENTER: (670) 682-SHOT / Mon-Sat 8am-8pm & Sunday 8am-1:30pm
VACCINATE CNMI WEBSITE: vaccinatecnmi.com
@cnmichcc

Silver: NBA may return to normal in '21-22, virus permitting

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Sports

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2021 WAHOO FISHING DERBY

Lucky Harvest reels in first place

By NEIL FAMA
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REPORTER

The six-man crew of *Lucky Harvest* made use of their luck and skill in last Saturday's 2nd Annual Wahoo in the Marianas student-led fishing tournament, held by the non-profit Tasi to Table' Youth Fishing Club with support from the Saipan Fishermen's Association.

NEIL FAMA

The crew of *Lucky Harvest* reeled in first place at last Saturday's 2nd Annual Wahoo in the Marianas student-led fishing tournament at the Smiling Cove Marina of the American Memorial Park.

Lucky Harvest snagged a 36.1-lb wahoo, winning the grand prize of $2,000 during the awarding ceremony which took place later that day at the Smiling Cove Marina of the American Memorial Park. *Lucky Harvest* captain Cecilio Raikuilipiy and his crew members shared their excitement for winning and happiness for having the opportunity to encourage the youth of today as future fishermen.

Coming in at second place was the crew of *Borrow Fan*, who brought in a 33.7-lb wahoo earning them the $1,500 prize. Third place and $1,000 prize went to the fishermen aboard *Sesa* which reeled in a 32.6-lb wahoo. And in fourth, earning the $500 prize was the *J&MJ* crew who managed to bring in a 27.7-lb wahoo.

A total of 51 boats set off that early Saturday morning.

Organized by committee co-chair Dahn Miguel Robles and Blake Mister, the 2nd Annual Wahoo in the Marianas tournament started at 6am at the Smiling Cove Marina of the American Memorial Park.

The main sponsors of the fishing tournament were IT&E and Mobil Oil Marianas. This is their second time sponsoring this event.

TTT president Gene Weaver told *Saipan Tribune* that this year, both registration and the tournament went much smoother thanks to a lot of returning students who were

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Celis vies for top seed in Power Puff

By KIMBERLY A. BAUTISTA
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REPORTER

Celis Nanako is now vying for the No. 1 spot in the Power Puff division after topping the second round of the Marianas Racing Association's 2021 Point Series Race last Feb. 28 at the Cowtown Raceway Park in Marpi.

Nanako rose to the top after placing first in the second series. Nanako prevailed in the first heat, topping her opponents to earn her 25 points. Nanako later lost her lead and placed second in the second heat to gain 22 points.

Nanako, however, gained a total of 47 points for the second series to bring her overall series standings score to 92 which put her at a tie for top seed with Billie Pangelinan, who also holds an overall score of 92.

Pangelinan, who held the top spot with her 47 points in the first series, lost the lead

See CELIS on Page 30

JOSEPH CHEN

Nanako Celis is currently vying for the top seed after placing first in the second series of the Marianas Racing Association's 2021 Point Series Race at the Cowtown Raceway Park in Marpi.

Rollers Black win away from U11 title

By KIMBERLY A. BAUTISTA
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REPORTER

Rollers Black is a win away from clinching the U11 championship of the 2021 NMI Rollers Basketball Association Spring Madness after edging Rollers White, 21-16, in Game 1 of finals last Saturday at the Koblerville Gymnasium.

Rollers Black's Dan Tibayan led the way with 7 points with help from Kion Estolas and Jeff Pineda who added 6 and 5 points, respectively. Lance Laxamana contributed 4 points.

Rollers White gave their opponent a run for their money, but at the end Rollers Black proved to be the team to beat after picking up the momentum

See ROLLERS on Page 30

DAVE APATANG

Rollers Black players pose for a group photo following their win in Game 1 of their best-of-three championship series against Rollers White in the U11 division of the 2021 NMI Rollers Basketball Association Spring Madness tournament last Saturday.